

POLAR WEBSYNC FOR POLAR-PERSONALTRAINER.COM USERS

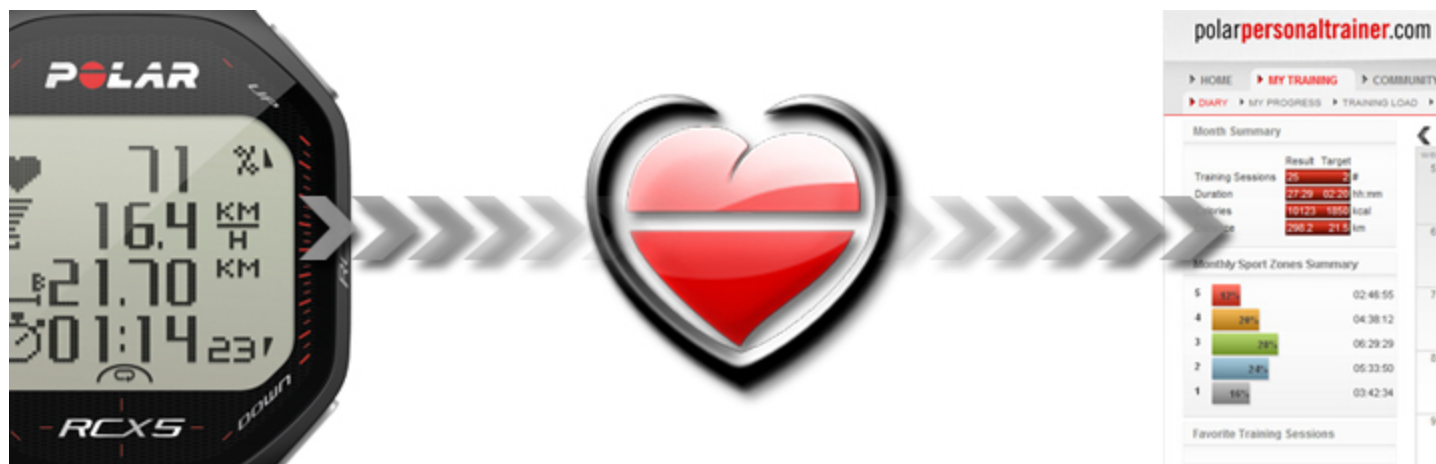
You can transfer data between your training computer and polarpersonaltrainer.com web service with Polar WebSync 2.x software and a Polar DataLink data transfer unit, a Polar FlowLink data transfer unit or a USB cable.

Download Polar WebSync 2.x from polarpersonaltrainer.com **APPLICATIONS / DOWNLOADS** free of charge. Click **PC MS Windows (XP/Vista/7)** and the installation wizard guides you through the installation.


 *You cannot have WebSync 1.x.x and WebSync 2.x installed on the same computer.*

For data transfer you also need a Polar DataLink or Polar FlowLink data transfer unit or a USB cable. Use Polar DataLink with Polar RCX3 training computer, Polar RCX5 training computer and Polar CS500 cycling computer and Polar FlowLink with Polar FA20 activity computer and Polar FT7, FT40, FT60, FT80 and RS300X training computers. Use a USB cable with Polar RC3 GPS training computer.

If the data transfer unit is not included in the product box, you can buy it separately as an accessory.






DATA TRANSFER WITH POLAR WEBSYNC AND DATALINK

 *Use WebSync and DataLink data transfer unit with **Polar RCX3 training computer, Polar RCX5 training computer and Polar CS500 cycling computer.***

SYNCHRONIZING FOR THE FIRST TIME

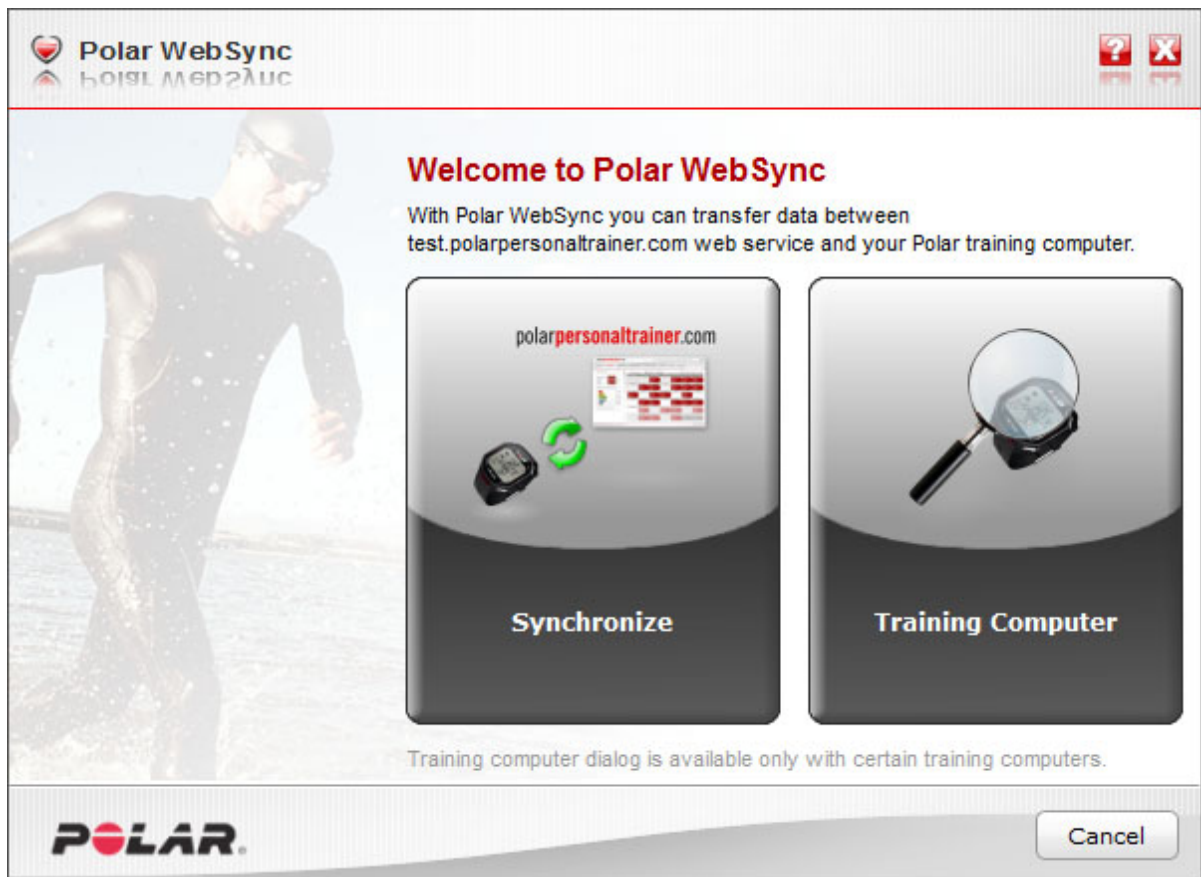
To avoid disturbances during data transfer, do not wear WearLink® transmitter W.I.N.D. Also make sure you have turned active Bluetooth and WiFi connections off.


1. Check that WebSync icon is shown on your computer taskbar. If the icon is not shown, start WebSync from your computer desktop icon.

 *WebSync icon is red if WebSync has not detected any training computers. *
The icon turns to green after training computer(s) have been found. 

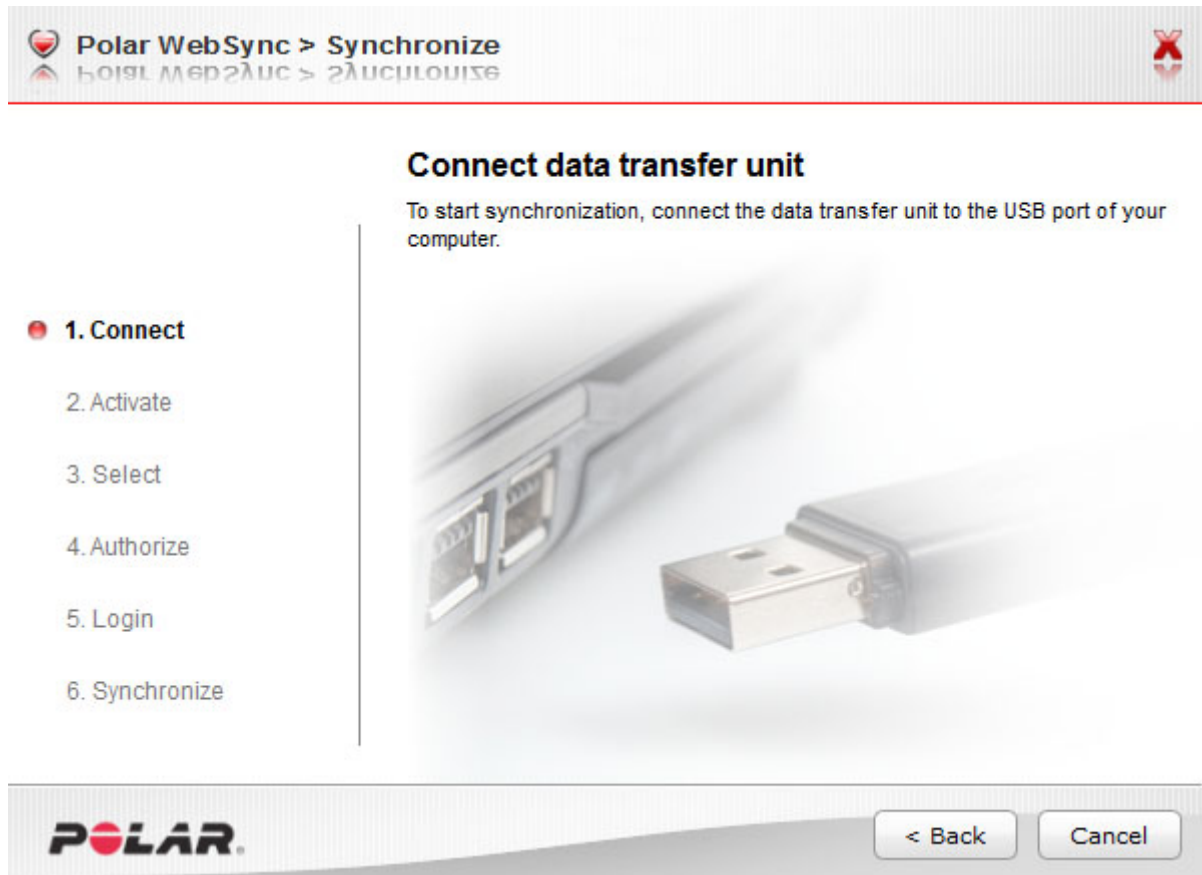
2. Double-click the WebSync icon on the taskbar.
3. **Welcome** window opens. Select **Synchronize**, if you want to transfer training data.

Select **Training Computer**, if you want to connect to your training computer and modify settings or export training files. See more information in [Training Computer](#).






 *You can also start synchronization by right-clicking the WebSync icon on the task bar and selecting **Synchronize**.*

4. Connect data transfer unit (DataLink) to the USB port of your computer.



5. RCX3 and RCX5: Activate your training computer, if it is in power save mode by pressing any button. Select **Connect => Start synchronizing** from your training computer.
CS500: Activate your training computer, if it is in power save mode by long pressing any button.






Polar WebSync > Synchronize

 Polar WebSync > Synchronize

Activate your training computer

To start synchronization, activate your training computer.
select 'Connect > Start' from your training computer.

1. Connect
- 2. Activate**
3. Select
4. Authorize
5. Login
6. Synchronize




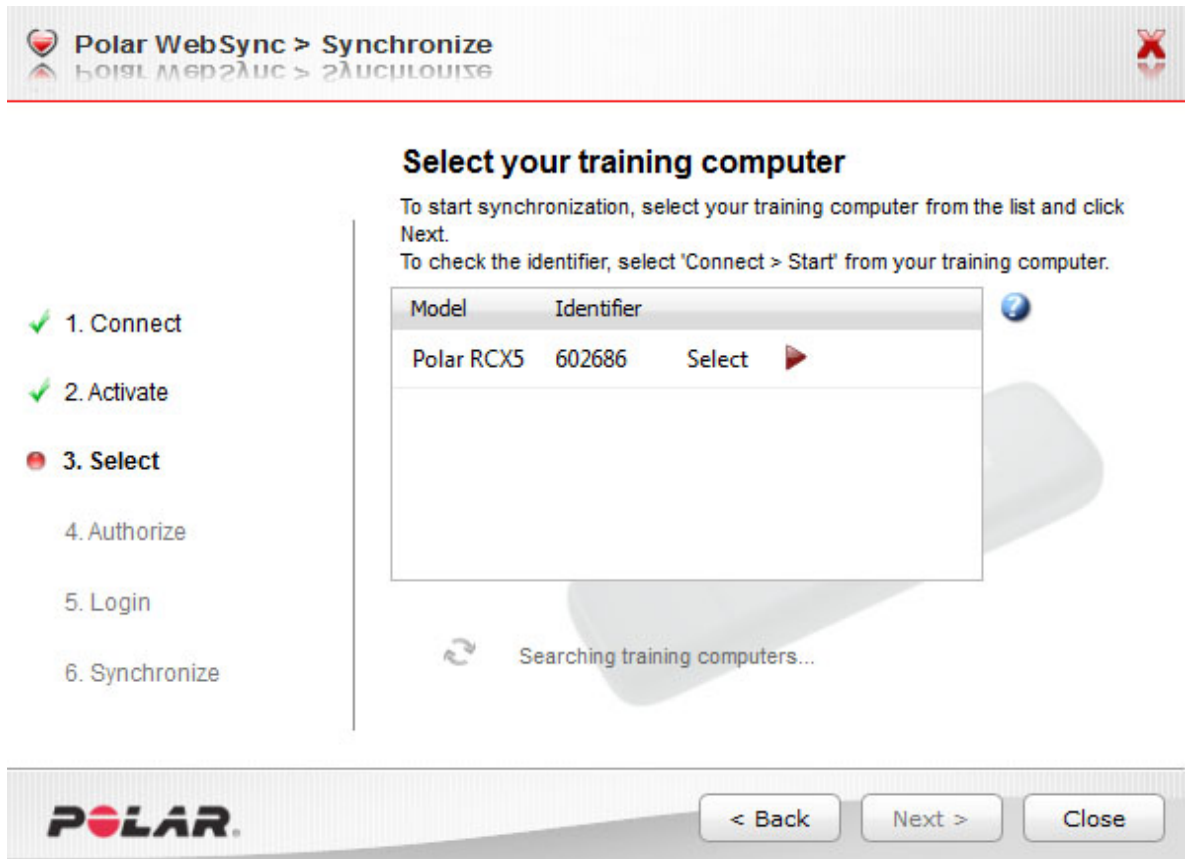


Go Back
 Cancel

6. After a few seconds **Select your training computer** window with a list of found training computers appears. The list shows the model and the identifier number of found training computers. If your training computer is not shown on the list, make sure that it is activated (see step 5).

Select your training computer and click **Next** or double-click your training computer on the list.

 *If necessary, check the identifier number of your CS500 by scrolling to **CONNECT** and pressing **START** (red button) twice. The RCX3 and RCX5 identifier number is displayed on the training computer when **Connect => Start synchronizing** is selected and the training computer is connecting to WebSync.*



7. **Authorizing WebSync** window opens.

Accept connection "number" from your training computer "number" message appears.

Accept the connection by pressing **OK** or selecting **YES** on your training computer. The pairing of WebSync and your training computer starts.

If pairing fails, **Failed pairing WebSync with training computer "number". Try again.** message appears. Close the message by clicking **OK**.

- Restart connection from your training computer as follows:

RCX3 and RCX5: Press **BACK**. Select **Start synchronizing**.

CS500: Press **Start**.

- Continue from step 6.



Authorizing WebSync

Accept connection '0606' on your training computer 602686.

- ✓ 1. Connect
- ✓ 2. Activate
- ✓ 3. Select
- 4. Authorize
- 5. Login
- 6. Synchronize



POLAR

< Back

Next >

Cancel

You can press **Back** from **Authorizing WebSync** window to return to the found training computers list, if you have chosen a wrong training computer, for example.

8. Enter your polarpersonaltrainer.com username and password.

Polar WebSync > Synchronize

Πολάρ WebSync > ΣΥΝΧΡΟΝΙΣΕ

RCX5
(602686)

✓ 1. Connect

✓ 2. Activate

✓ 3. Select

✓ 4. Authorize

● 5. Login

6. Synchronize

Enter polarpersonaltrainer.com username and password

Username (email):

Password:

☐ Remember me

☐ Open test.polarpersonaltrainer.com automatically after synchronization

Are you a new user? [Click here to register](#)

POLAR

< Back

Next >


Cancel

If you select **Remember me**, WebSync does not ask your account information the next time you start synchronization or connect to your training computer. Synchronization starts after your training computer is found and connected. This selection can be removed in **User Settings**. See more information in [Polar WebSync Synchronization Settings](#).

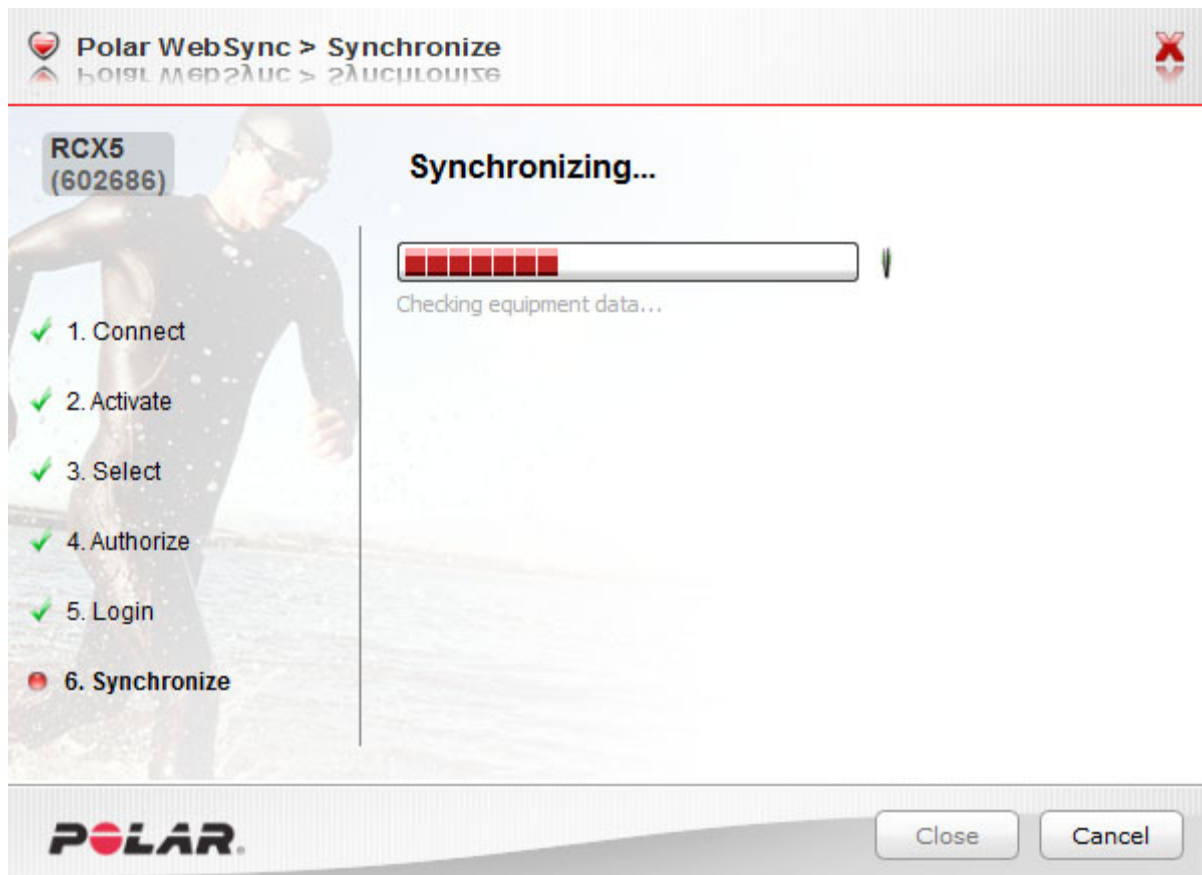
You can select polarpersonaltrainer.com to open automatically after synchronization by ticking the box. If synchronization fails, polarpersonaltrainer.com does not open.

If you have not yet registered at polarpersonaltrainer.com, click **Click here to register** link.

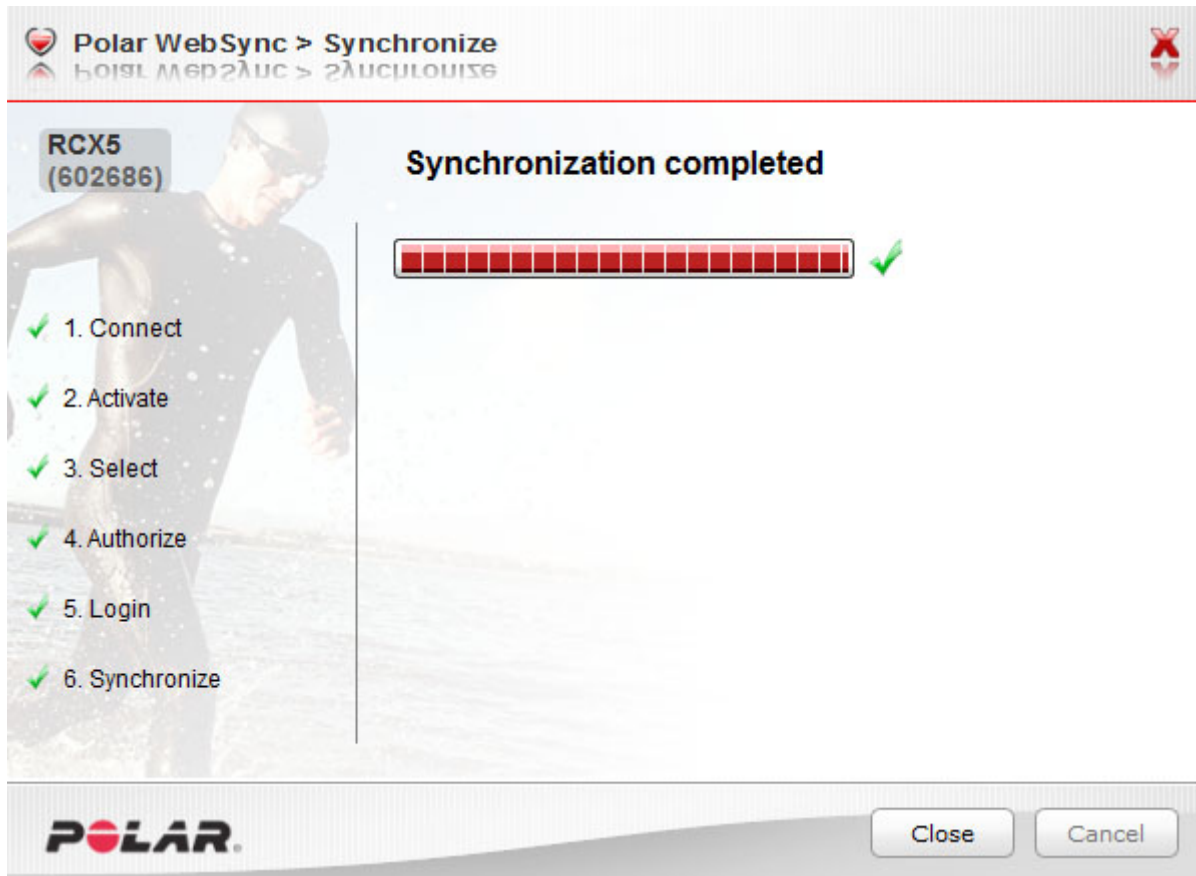
Click **Next**.

 *Make sure that your RCX3 or RCX5 is synchronizing or your CS500 is activated before clicking **Next**.*

9. Synchronization starts.



10. **Synchronization completed** message informs that synchronization has successfully completed.



 If synchronization fails, see [Troubleshooting](#) for more information on how to proceed.

11. Click **Close**.

Your training computer and WebSync are paired in the first synchronization, which means that your training computer identifier is stored in the WebSync memory.

SYNCHRONIZING AFTER YOUR TRAINING COMPUTER AND WEBSYNC HAVE BEEN PAIRED


1. Check that WebSync icon is shown on your computer taskbar. If the icon is not shown, start WebSync from your computer desktop icon.
2. Connect data transfer unit (DataLink) to the USB port of your computer and activate your training computer.
3. **CS500 Users**
 - A) If you have new data on your training computer, or if you have changed the settings, the synchronization starts automatically when **Remember me** is selected.
 - B) If you have not selected **Remember me**, start synchronization by right-clicking the WebSync icon


on your computer taskbar and selecting **Synchronize** or double-clicking the WebSync icon and selecting **Synchronize**.

- If WebSync finds only your training computer, **Enter your username and password** window opens. Continue from step 8 in chapter Synchronizing for the first time.

- If WebSync finds several training computers, the list of found training computers opens. Double-click your training computer from the list. **Enter your username and password** window opens. Continue from step 8 in chapter Synchronizing for the first time.

C) If training computer is on power save mode, **Found training computers** window opens. Activate your training computer and it appears on the list. Select your training computer and click **Next**. If you have selected **Remember me**, synchronization starts. If you have not selected **Remember me**, **Enter your username and password** window opens. Continue from step 8 in chapter Synchronizing for the first time.

 *If synchronization does not start automatically, start it manually by double-clicking the WebSync icon on the taskbar or right-clicking the icon and selecting **Synchronize**.*

 *To speed up the start of synchronization, select **Connect** mode from your training computer.*

RCX3 and RCX5 Users

If you have new data or changed settings on your training computer and

A)

- Training computer **AutoSync** is **On**
 - **Remember me** in WebSync is selected
- => Synchronization starts automatically.

B)

- Training computer **AutoSync** is **On**
 - **Remember me** in WebSync is not selected
- => Start synchronization by right-clicking the WebSync icon on your computer taskbar and selecting **Synchronize** or double-clicking the WebSync icon and selecting **Synchronize**. Select your training computer from the list and enter your username and password. Synchronization starts.

C)

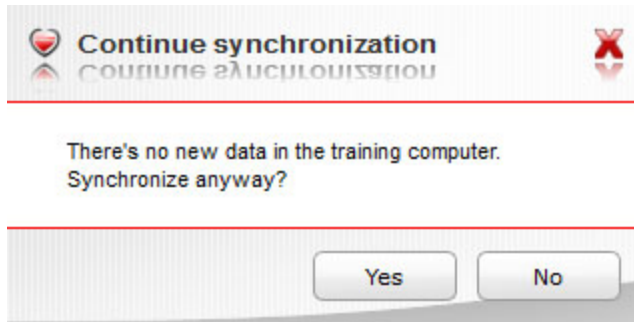
- Training computer **AutoSync** is **Off**
 - **Remember me** in WebSync is selected
- => Start synchronization by right-clicking the WebSync icon on your computer taskbar and selecting **Synchronize** or double-clicking the WebSync icon and selecting **Synchronize**. Activate your training computer by selecting **Connect** => **Start synchronizing**. Synchronization starts.

D)

- Training computer **AutoSync** is **Off**
 - **Remember me** in WebSync is not selected
- => Start synchronization by right-clicking the WebSync icon on your computer taskbar and selecting **Synchronize** or double-clicking the WebSync icon and selecting **Synchronize**. Activate your training

computer by selecting **Connect** => **Start synchronizing**. Select your training computer from the list. Enter your username and password. Synchronization starts.

If there is no new data on your RCX3, RCX5 or CS500, the following window appears. You can either continue or cancel synchronizing.



DATA TRANSFER WITH POLAR WEBSYNC AND FLOWLINK SYNCHRONIZABLE DATA




- Training results from FT7, FT40, FT60, FT80 and RS300X training computers and daily activity results from FA20 activity computer to polarpersonaltrainer.com
- User data (weight, height, date of birth and sex) from FT40, FT60, FT80 and RS300X training computers and FA20 activity computer to polarpersonaltrainer.com

For FT7, user data transfer is bidirectional. The most recent data is transferred either from the training computer or polarpersonaltrainer.com.


- Test results from FT40, FT60, FT80 and RS300X training computers
- Strength training targets from polarpersonaltrainer.com to FT80 training computer. The next three strength training targets are transferred from polarpersonaltrainer.com Diary.
- STAR training program status is automatically updated from FT60 and FT80 training computers to polarpersonaltrainer.com.

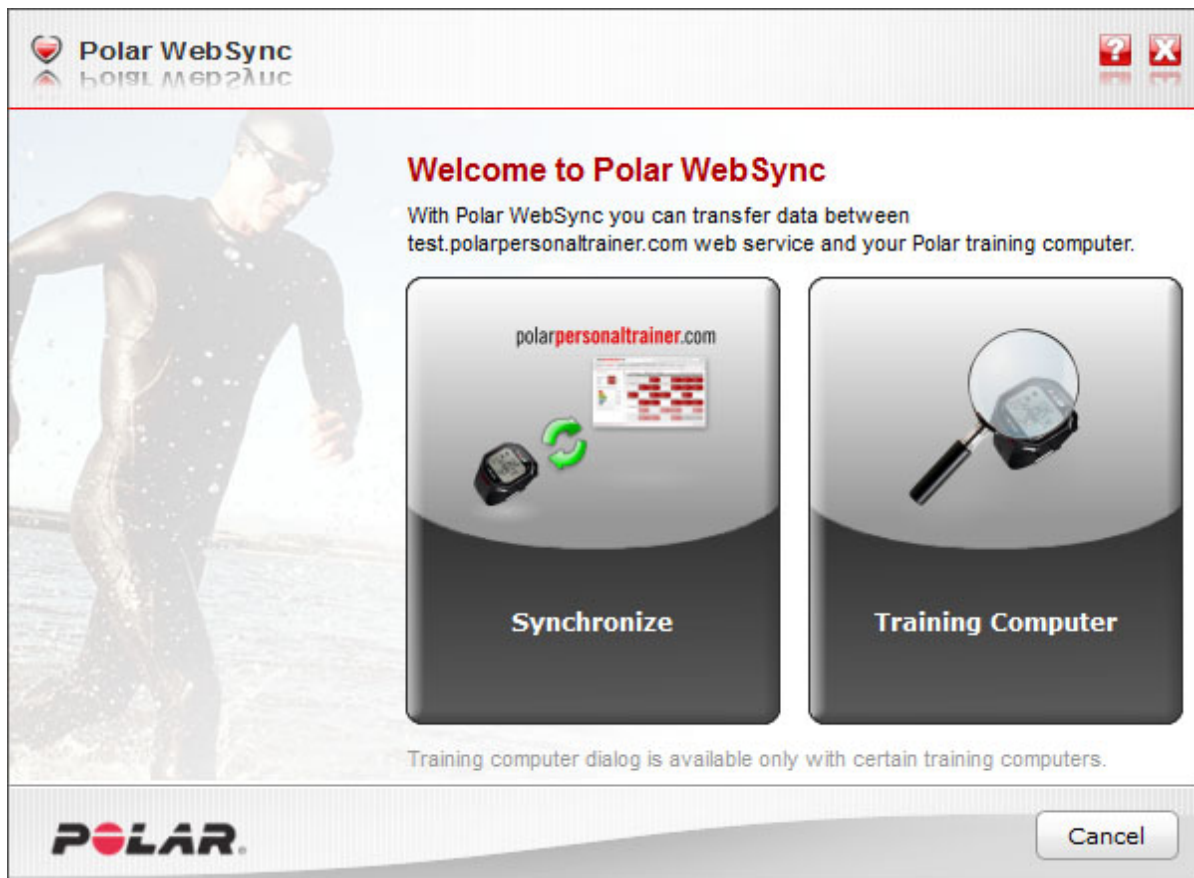
SYNCHRONIZING

1. Check that WebSync icon is shown on your computer taskbar. If the icon is not shown, start WebSync from your computer desktop icon.

 *WebSync icon is red if WebSync has not detected any training computers.* 
The icon turns to green after training computer(s) have been found. 

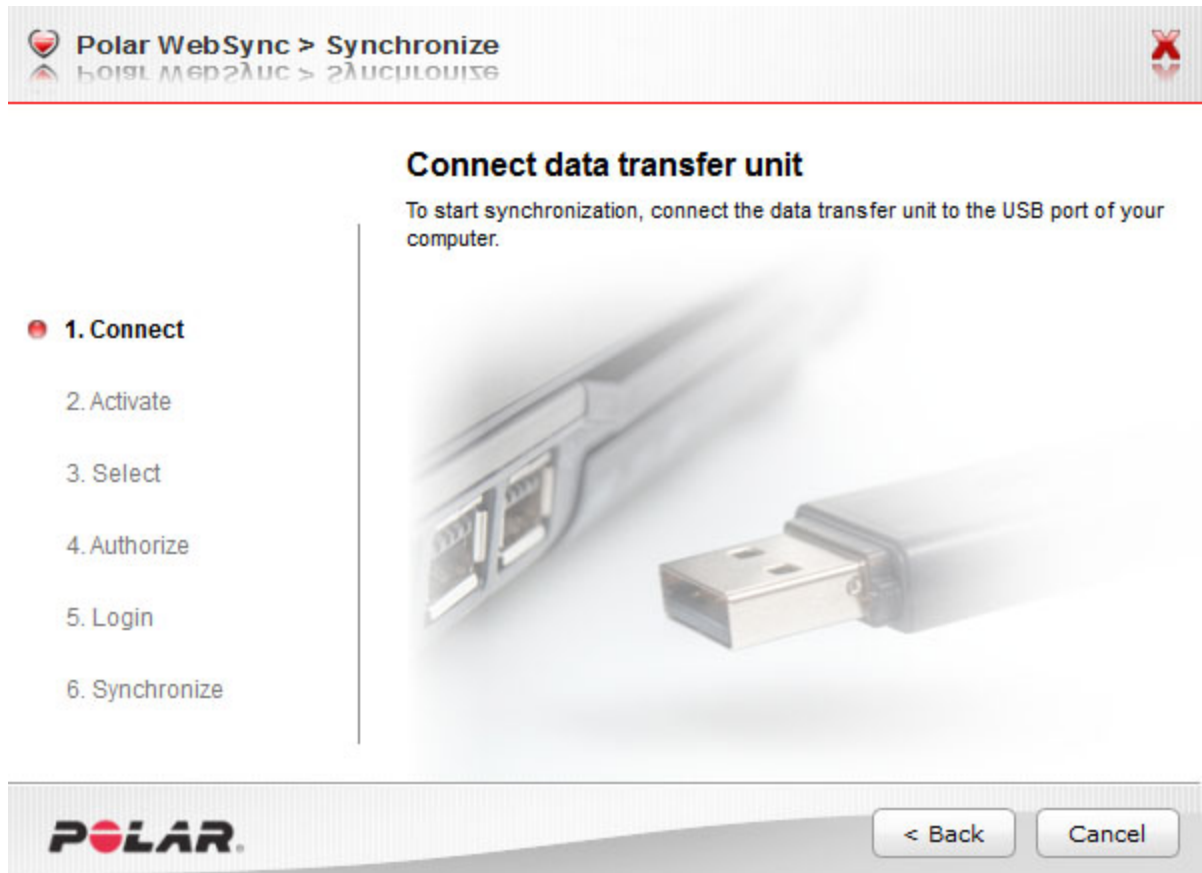
2. Double-click the WebSync icon on the taskbar.
3. **Welcome** window opens. Select **Synchronize**.

 *Training Computer is available only for **RCX3**, **RCX5** and **CS500**.*



 You can also start synchronization by right-clicking the WebSync icon and selecting **Synchronize**.

4. Connect data transfer unit (FlowLink) to the USB port of your computer.



5. Set your activity/training computer face down onto FlowLink. The ALIGN symbol in FlowLink turns green when the training computer is correctly aligned.



Activate your training computer

Start by placing your product face-down on the FlowLink.



- ✓ 1. Connect
- **2. Activate**
3. Select
4. Authorize
5. Login
6. Synchronize



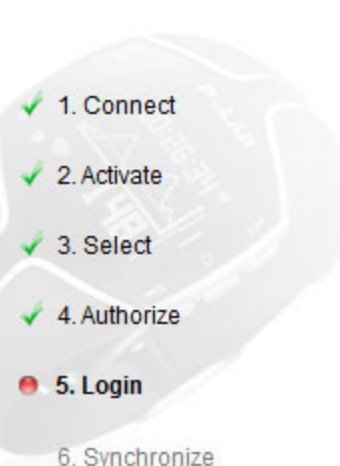
< Back

Cancel

6. Enter your polarpersonaltrainer.com username and password.

**Polar WebSync > Synchronize**

FT80



1. Connect
2. Activate
3. Select
4. Authorize
- 5. Login**
6. Synchronize

Enter polarpersonaltrainer.com username and password


Username (email):

Password:

☐ Remember me

☐ Open ppt-test.polar.fi automatically after synchronization

Are you a new user? [Click here to register](#)



< Back

Next >

Cancel


If you select **Remember me**, synchronization starts automatically next time without asking your account information. Synchronization starts after your training computer is found and connected. This selection can be removed in **User Settings**. See more information in [Polar WebSync Synchronization Settings](#).

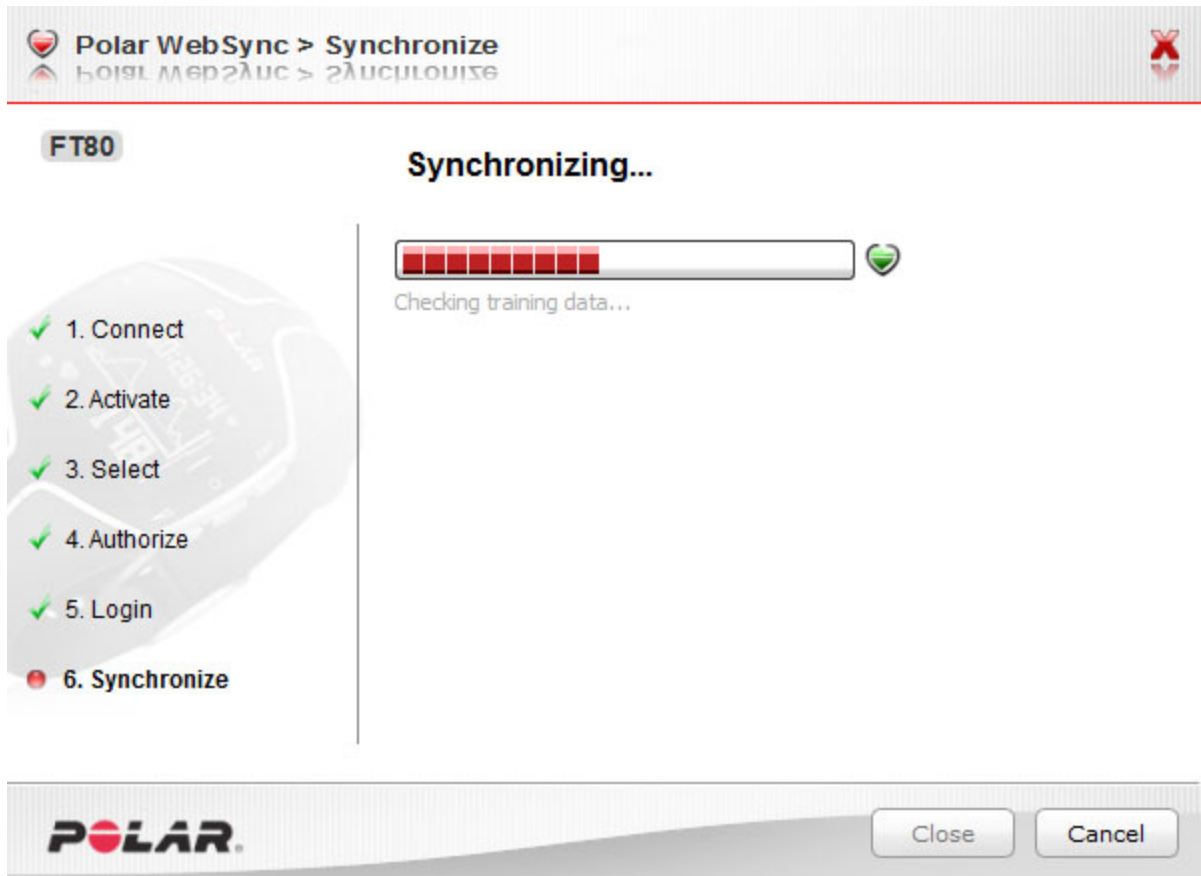
You can select polarpersonaltrainer.com to open automatically after synchronization by ticking the box. If synchronization fails, polarpersonaltrainer.com does not open.

If you have not yet registered at polarpersonaltrainer.com, click **Click here to register** link.

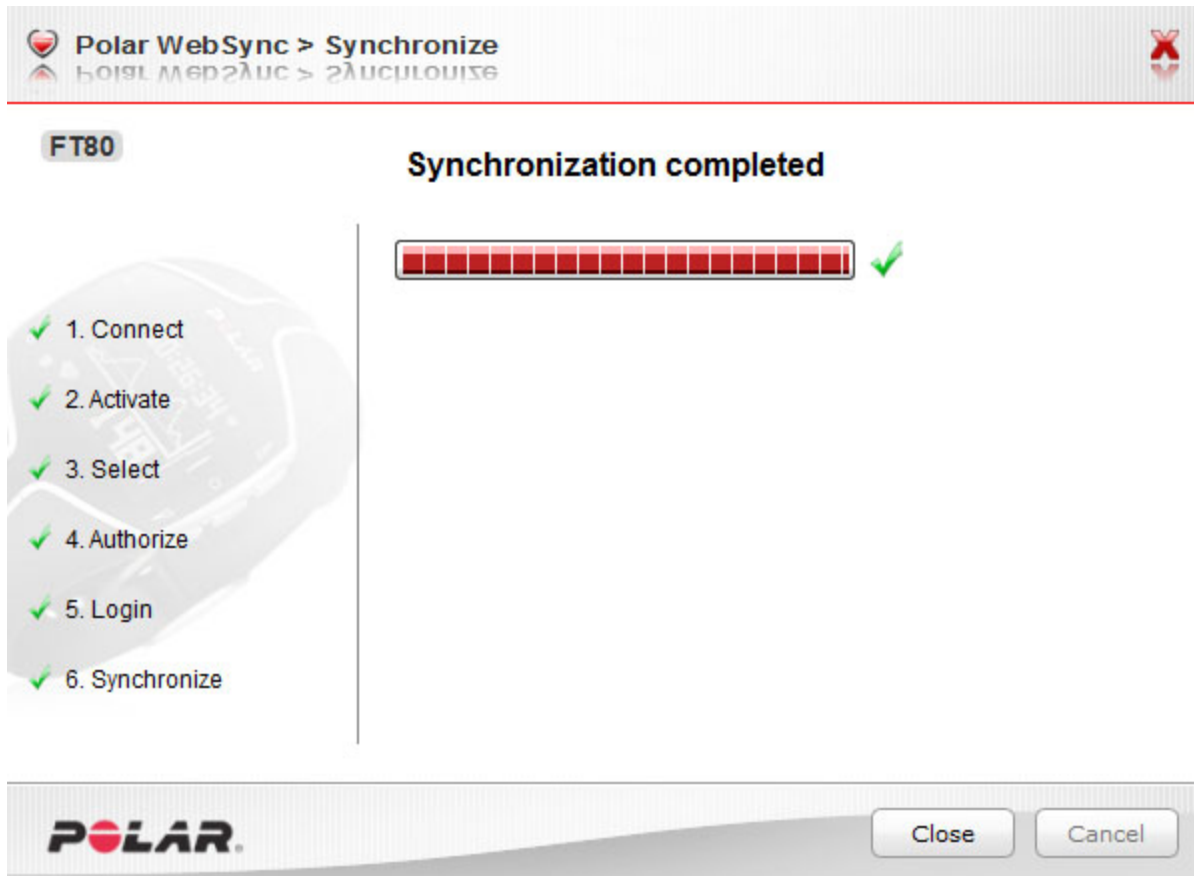
Click **Next**.

7. Synchronization starts.

 *It is important that you do not move the training computer during the data transfer. Even a slight movement will disrupt the data transfer.*



8. **Synchronization completed** message informs that synchronization has successfully completed.



 If synchronization fails, see [Troubleshooting](#) for more information on how to proceed.




9. Click **Close**.

When transferring the data next time, synchronization starts automatically if you have selected **Remember me**. If synchronization does not start automatically, start it manually by double-clicking the WebSync icon on the taskbar or right-clicking the icon and selecting **Synchronize**.

DATA TRANSFER WITH POLAR WEBSYNC AND USB CABLE

 Use WebSync and a USB cable with **Polar RC3 GPS training computer**.

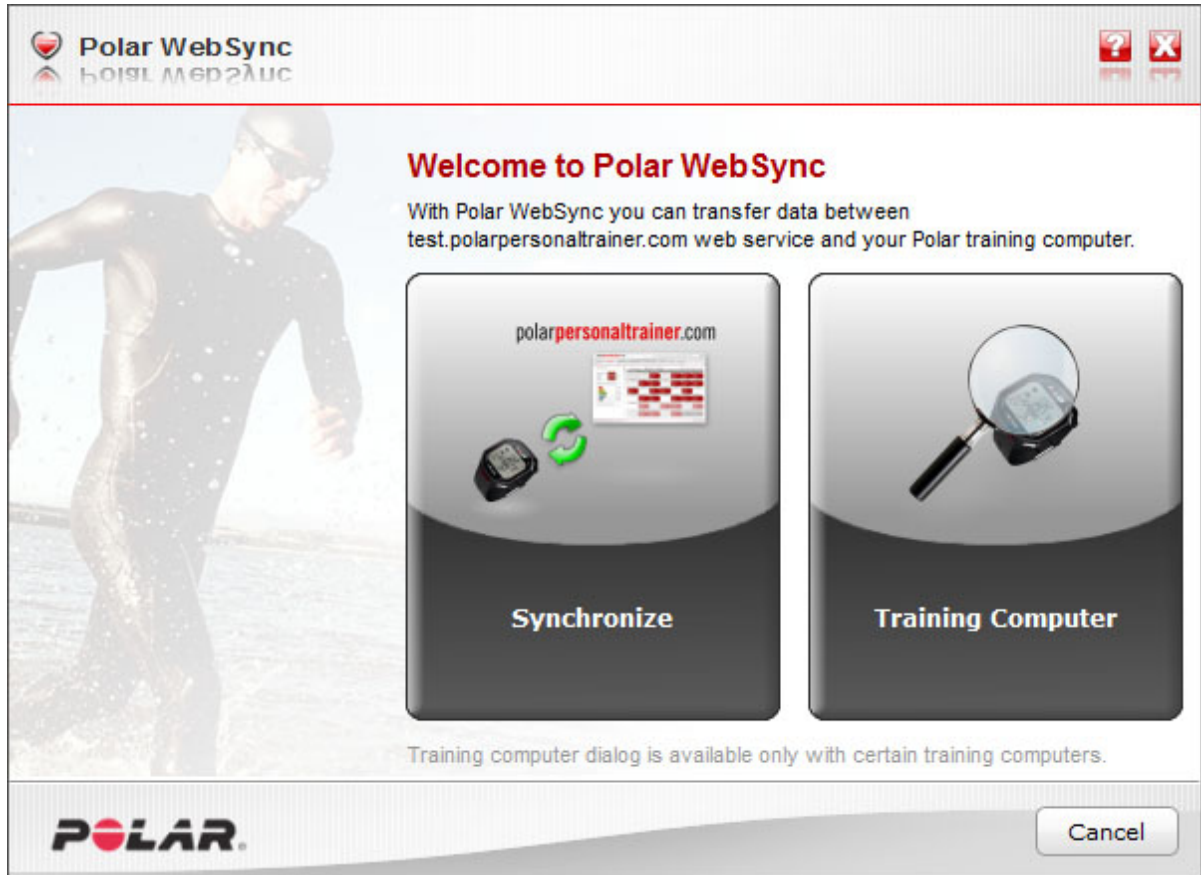
1. Check that WebSync icon is shown on your computer taskbar. If the icon is not shown, start WebSync from your computer desktop icon.


 WebSync icon is red if WebSync has not detected any training computers. 
The icon turns to green after training computer(s) have been found. 

2. Double-click the WebSync icon on the taskbar.

3. **Welcome** window opens. Select **Synchronize**, if you want to transfer training data.

Select **Training Computer**, if you want to connect to your training computer and modify settings or export training files. See more information in [Training Computer](#).



 You can also start synchronization by right-clicking the WebSync icon on the task bar and selecting **Synchronize**.

4. Connect the training computer to your computer with a USB cable: Plug the micro USB connector into the USB port of the training computer. Plug the USB connector into the computer USB port.



Connect data transfer unit

To start synchronization, connect the data transfer unit to the USB port of your computer.

1. Connect

2. Activate

3. Select

4. Authorize

5. Login

6. Synchronize



POLAR

< Back

Cancel

5. Enter your polarpersonaltrainer.com username and password.

Polar WebSync > Synchronize

RC3 GPS

Enter polarpersonaltrainer.com username and password

1. Connect
2. Activate
3. Select
4. Authorize
5. Login
6. Synchronize

Username (email):

Password:

☐ Remember me

☐ Open polarpersonaltrainer.com automatically after synchronization

Are you a new user? [Click here to register](#)

POLAR

< Back Next > Cancel

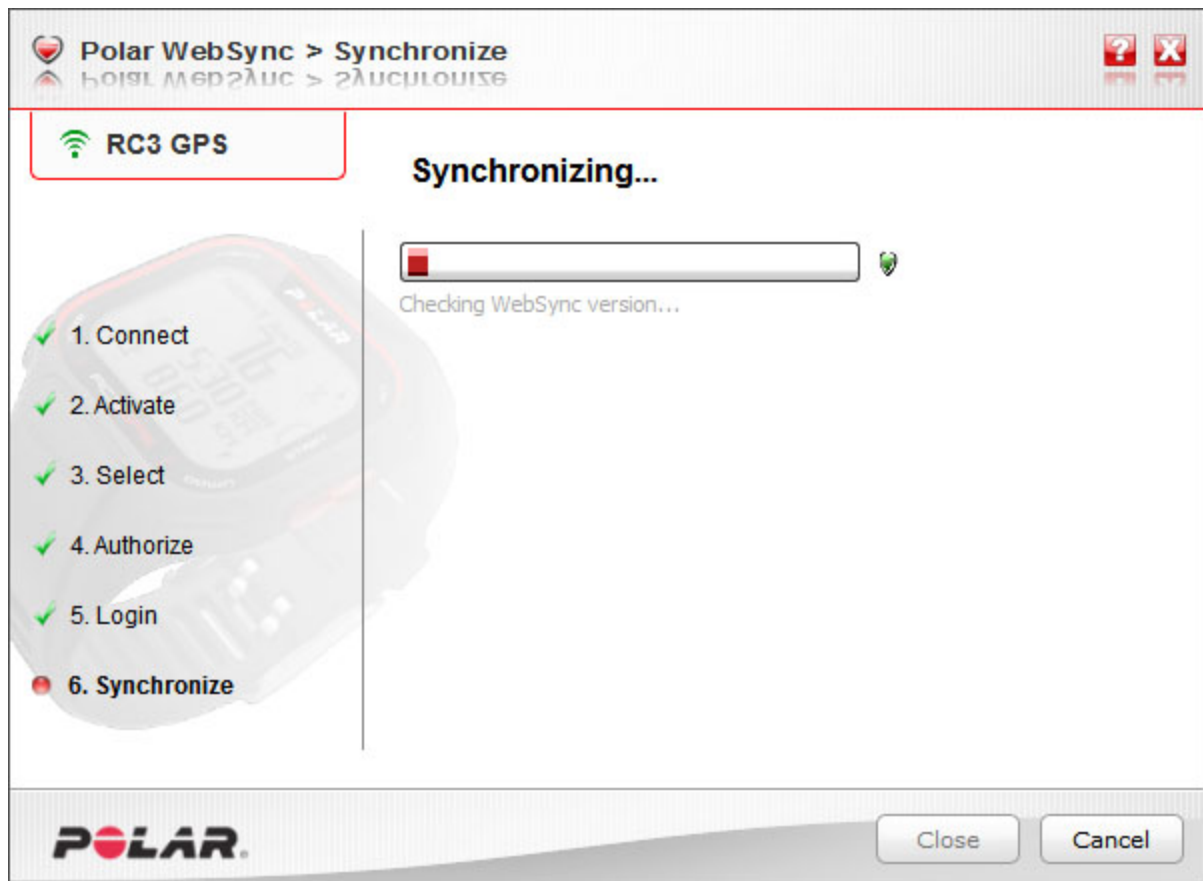
If you select **Remember me**, WebSync does not ask your account information the next time you start synchronization or connect to your training computer. Synchronization starts after your training computer is found and connected. This selection can be removed in **User Settings**. See more information in [Polar WebSync Synchronization Settings](#).

You can select polarpersonaltrainer.com to open automatically after synchronization by ticking the box. If synchronization fails, polarpersonaltrainer.com does not open.

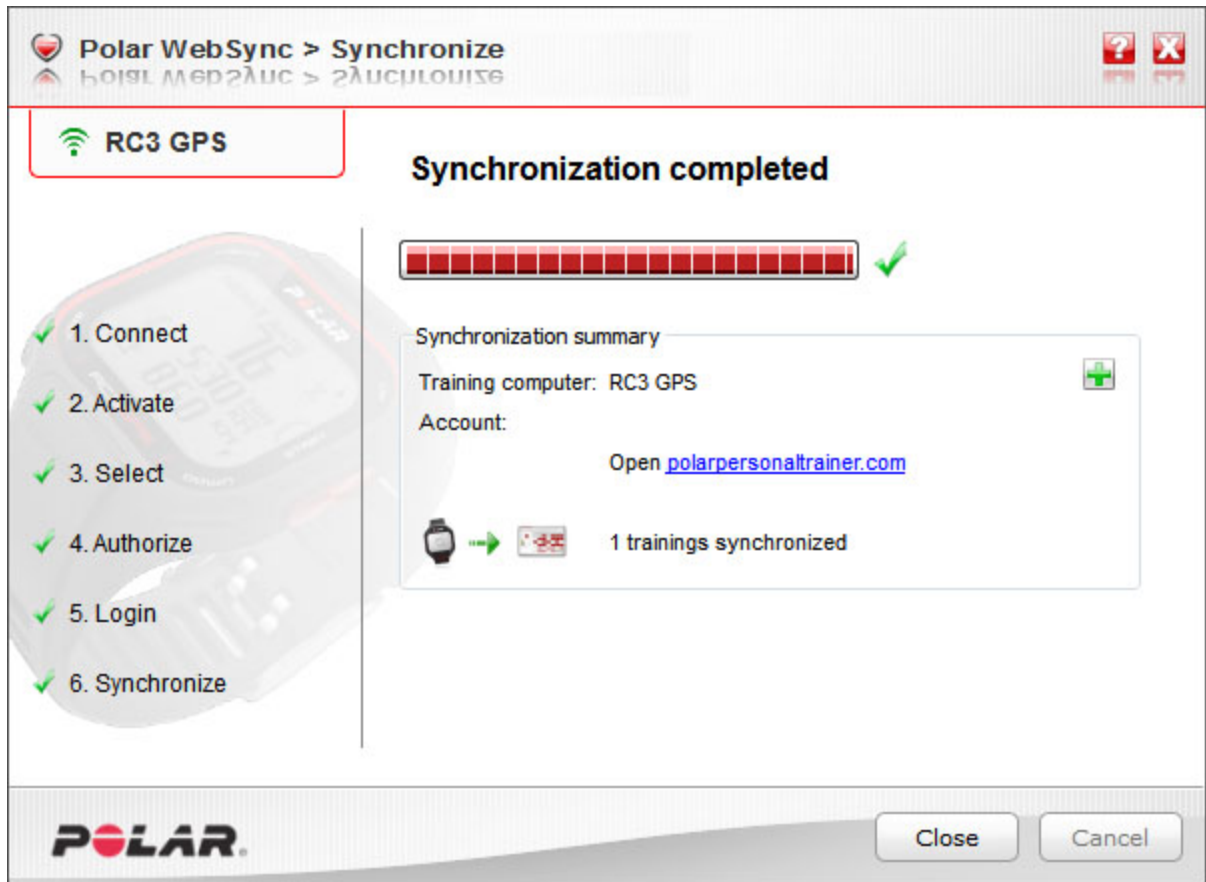
If you have not yet registered at polarpersonaltrainer.com, click **Click here to register** link.

Click **Next**.

6. Synchronization starts.



7. **Synchronization completed** message informs that synchronization has successfully completed.



 If synchronization fails, see [Troubleshooting](#) for more information on how to proceed.

8. Click **Close**.

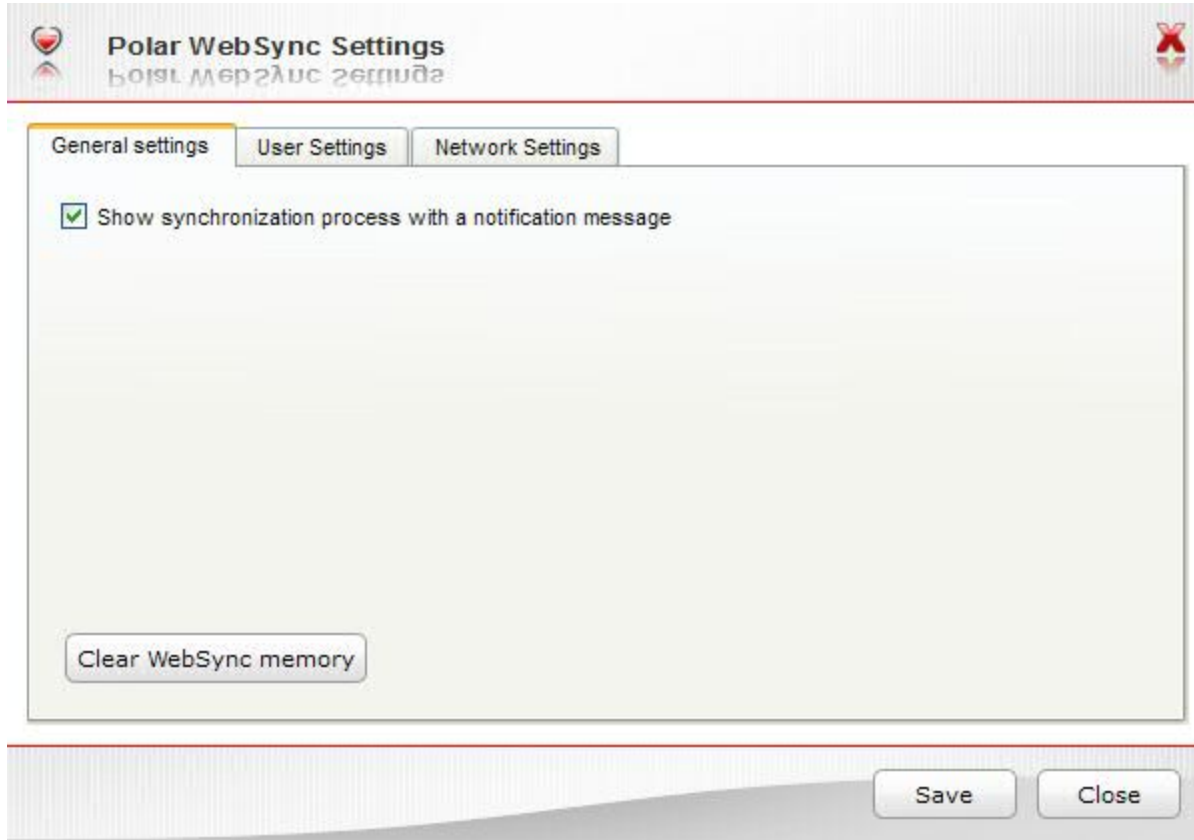
POLAR WEBSYNC SYNCHRONIZATION SETTINGS

1. Right-click the WebSync icon on your computer taskbar.
2. Select **WebSync Settings**.
3. Edit the settings.
4. Click **Save** and **Close**.

GENERAL SETTINGS

If **Show synchronization process with a notification message** box is ticked, WebSync informs the start and completion of the synchronization process with a small notification message on the bottom right corner of your computer screen. You can click the notification message to view the process in a window.

Click **Clear WebSync memory** to delete the paired training computers and saved login data from WebSync memory.



USER SETTINGS

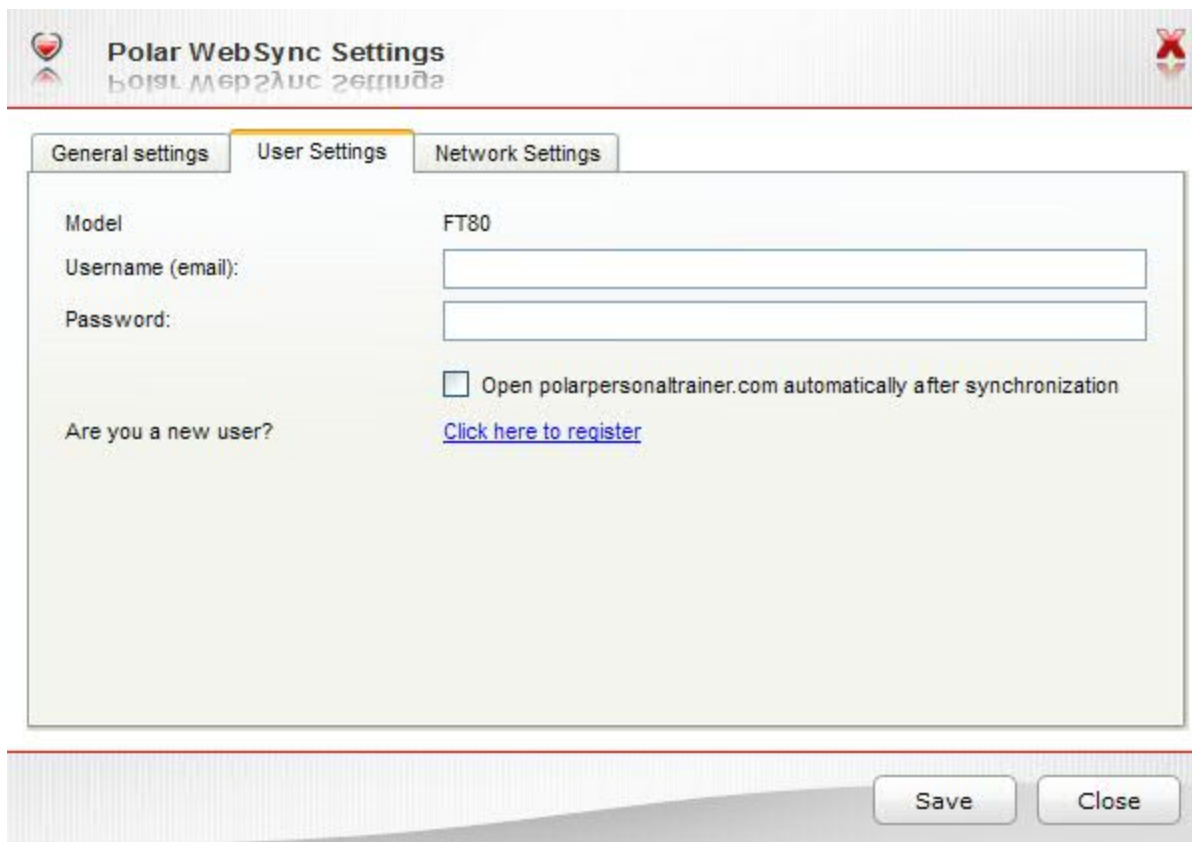
To edit user settings, activate your training computer and connect it to your computer via the data transfer unit or connect your RC3 GPS training computer to your computer with a USB cable.

For RCX3, RCX5 and CS500 users: If you have not chosen WebSync to remember your username and password (ticked **Remember me** box) or if WebSync finds several training computers, a list of found training computers appears. Select your training computer and click **Next** or double-click your training computer on the list. **Accept connection "number" from your training computer "number"** message appears. **Allow PC?** and the connection number appears on your training computer display. Accept the connection by pressing **OK** on your training computer.

If you enter and save your polarpersonaltrainer.com username and password, next time you start WebSync synchronization starts without asking your account information. Synchronization starts after your training computer is found and connected. To remove your account information from the WebSync memory, delete your username and password and click **Save**.

You can select polarpersonaltrainer.com to open automatically after synchronization by ticking the box.

If you have not yet registered at polarpersonaltrainer.com, click **Click here to register** link.



Polar WebSync Settings
Polar WebSync Settings

General settings | **User Settings** | Network Settings

Model: FT80

Username (email):

Password:

☐ Open polarpersonaltrainer.com automatically after synchronization

Are you a new user? [Click here to register](#)

Save Close

NETWORK SETTINGS

Direct connection to the internet

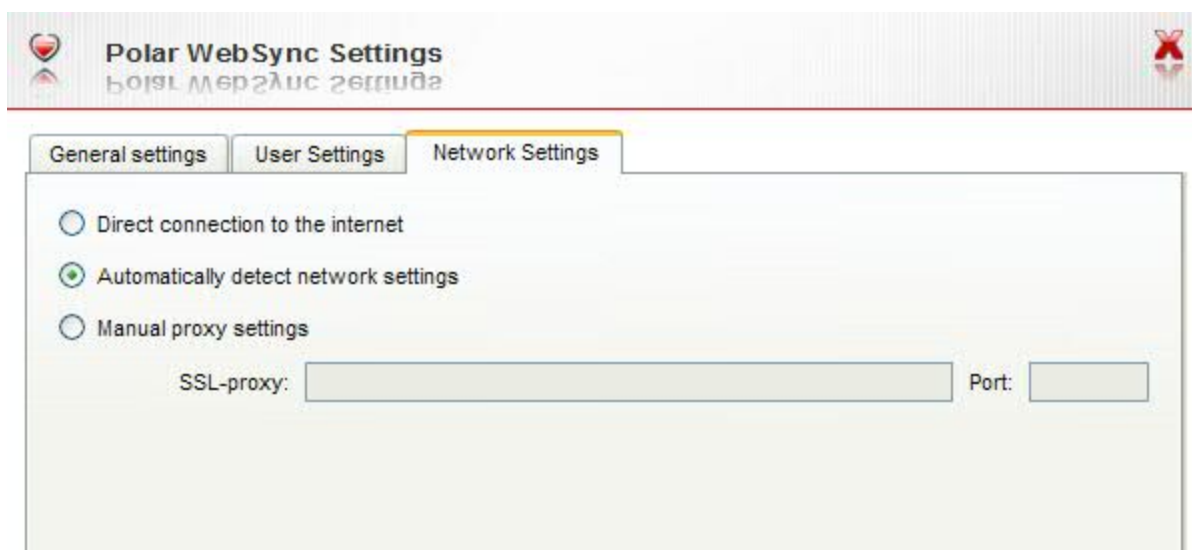
Choose this if you do not want to use any proxy.

Automatically detect network settings

This has been chosen as a default. Polar WebSync automatically uses the same network settings as e.g. your Internet browser.

Manual proxy settings

If Polar WebSync cannot find a proxy server, ask the HTTPS proxy server's IP address from your administrator and add the information to the fields.



Polar WebSync Settings
Polar WebSync Settings

General settings | User Settings | **Network Settings**

☐ Direct connection to the internet

☒ Automatically detect network settings

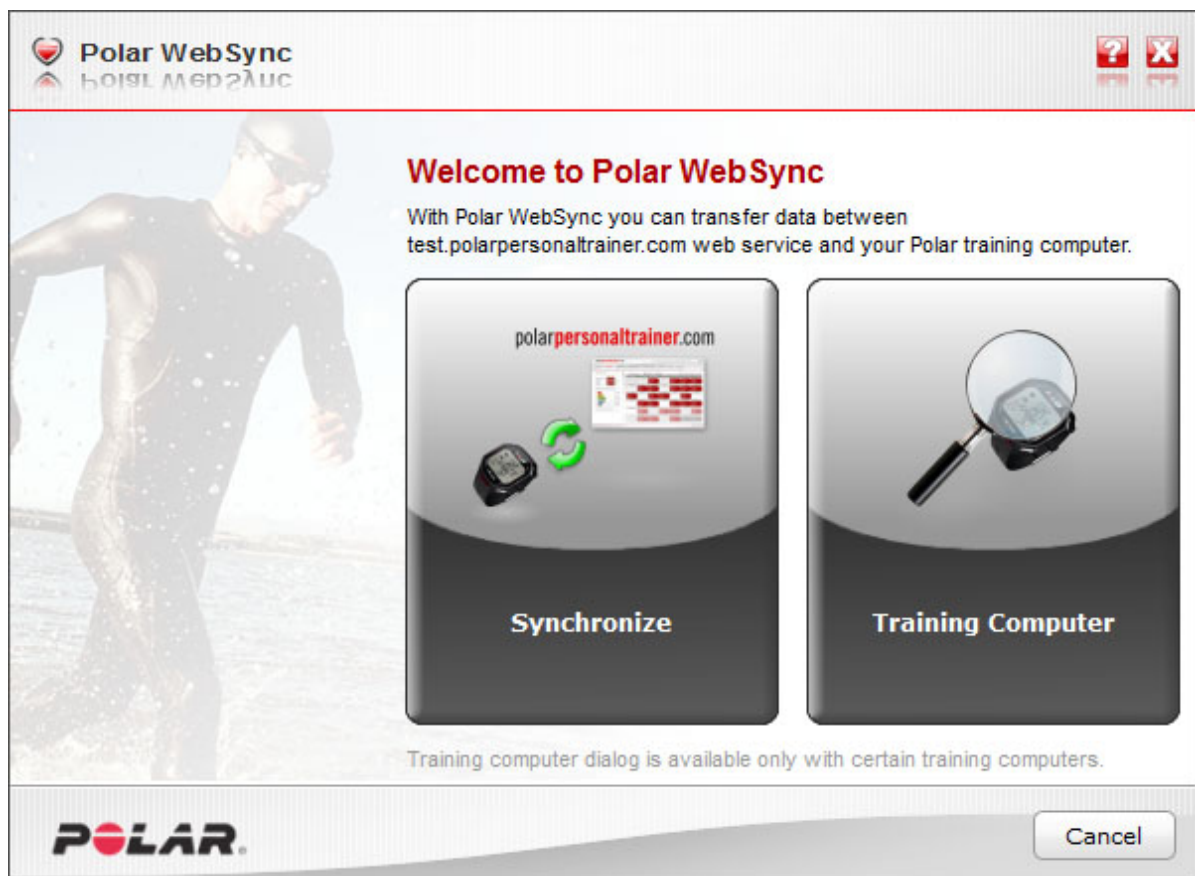
☐ Manual proxy settings

SSL-proxy: Port:

You can change your Polar RC3 GPS training computer, Polar RCX3 training computer, Polar RCX5 training computer and Polar CS500 cycling computer settings and export your training files with WebSync. The settings are transferred to your RC3 GPS, RCX3, RCX5 or CS500.

CONNECTING TO YOUR TRAINING COMPUTER

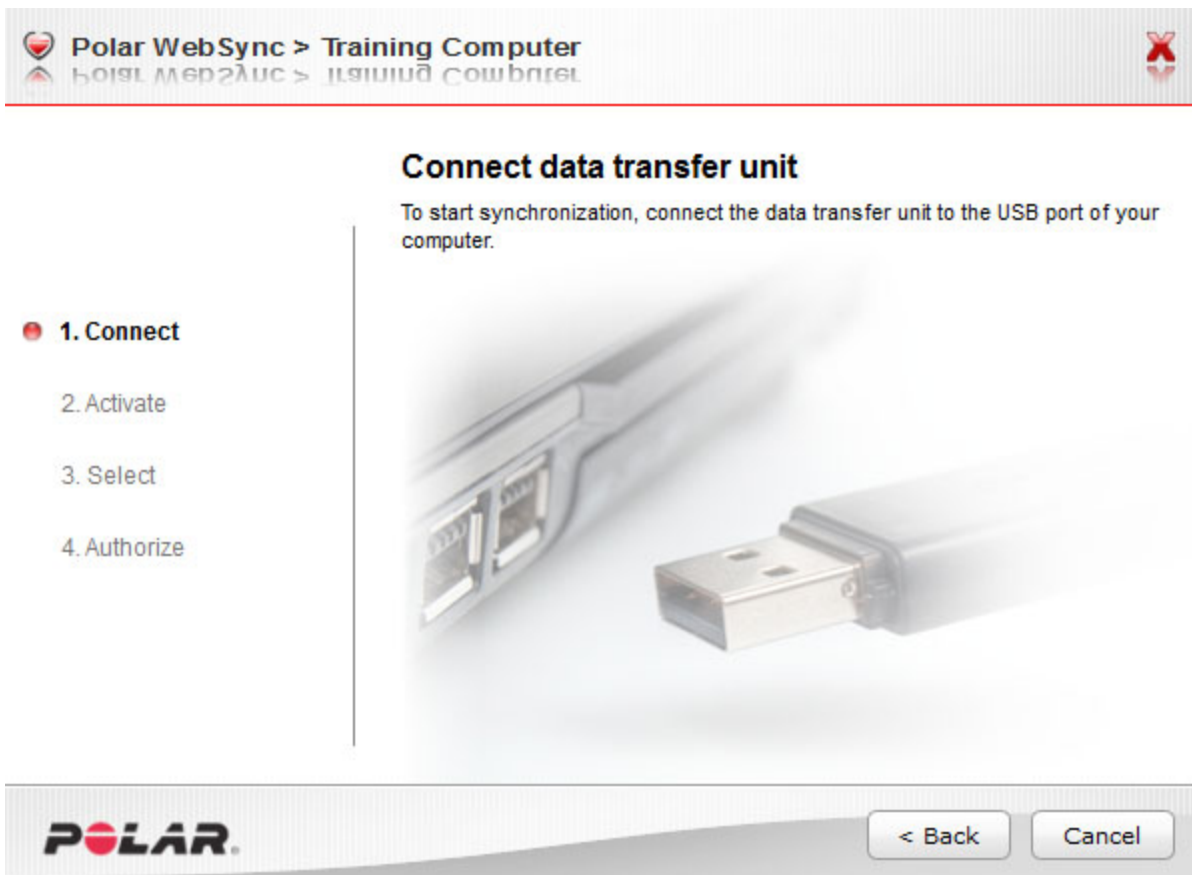
1. Check that WebSync icon is shown on your computer taskbar. If the icon is not shown, start WebSync from your computer desktop icon.
2. Double-click the WebSync icon on your computer taskbar. Welcome window opens.



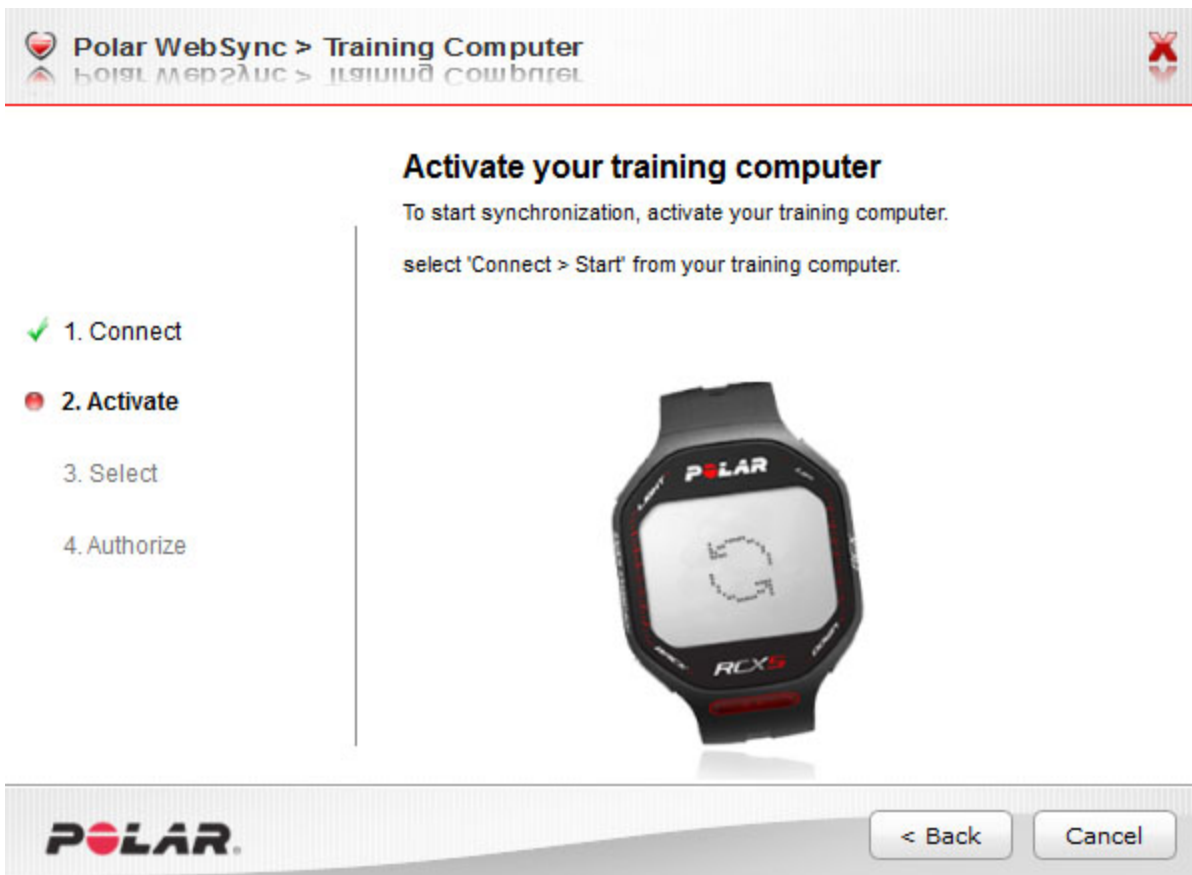
3. Select **Training Computer**.

 You can also connect to your training computer by right-clicking the WebSync icon and selecting **Training Computer**.

4. Connect data transfer unit (DataLink) to the USB port of your computer. Or connect your RC3 GPS to your computer with a USB cable. If you are using Polar RC3 GPS training computer, continue to step 8.

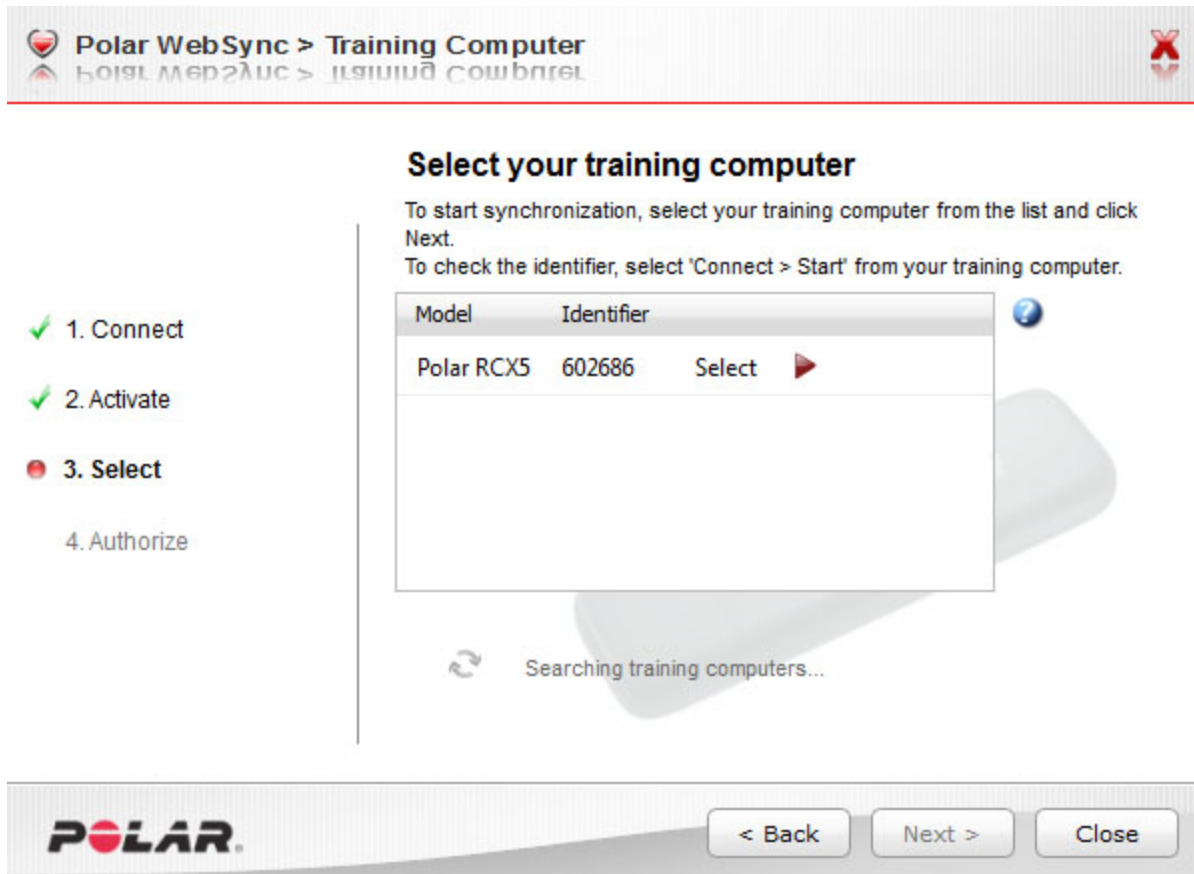


5. RCX3 and RCX5: Activate your training computer, if it is in power save mode, by pressing any button. If your training computer's AutoSync (automatic synchronization) function is off, select **Connect => Start synchronizing** from your training computer. For more information on AutoSync function, see your training computer's [user manual](#).
CS500: Activate your training computer, if it is in power save mode, by pressing and holding any button.



6. After a few seconds **Select your training computer** window with a list of found training computers appears. The list shows the model and the identifier number of found training computers. If your training computer is not shown on the list, make sure that it is activated (see step 5). Select your training computer and click **Next** or double-click your training computer on the list.

i If necessary, check the identifier number of your CS500 by scrolling to **CONNECT** and pressing **START** (red button) twice. The RCX3 and RCX5 identifier number is displayed on the training computer when **Connect => Start synchronizing** is selected and the training computer is connecting to WebSync.



7. If you have not synchronized your training computer with WebSync before or if you have removed pairings from your training computer, **Authorizing WebSync** window opens.

Accept connection "number" from your training computer "number" message appears.

Accept the connection by pressing **OK** or selecting **YES** on your training computer. The pairing of WebSync and your training computer starts.



If pairing fails, **Failed pairing WebSync with training computer "number". Try again.** message appears. Close the message by clicking **OK**.

- Restart connection from your training computer as follows:

RCX 3 and RCX5: Press **BACK**. Select **Start synchronizing**.

CS500: Press **Start**.

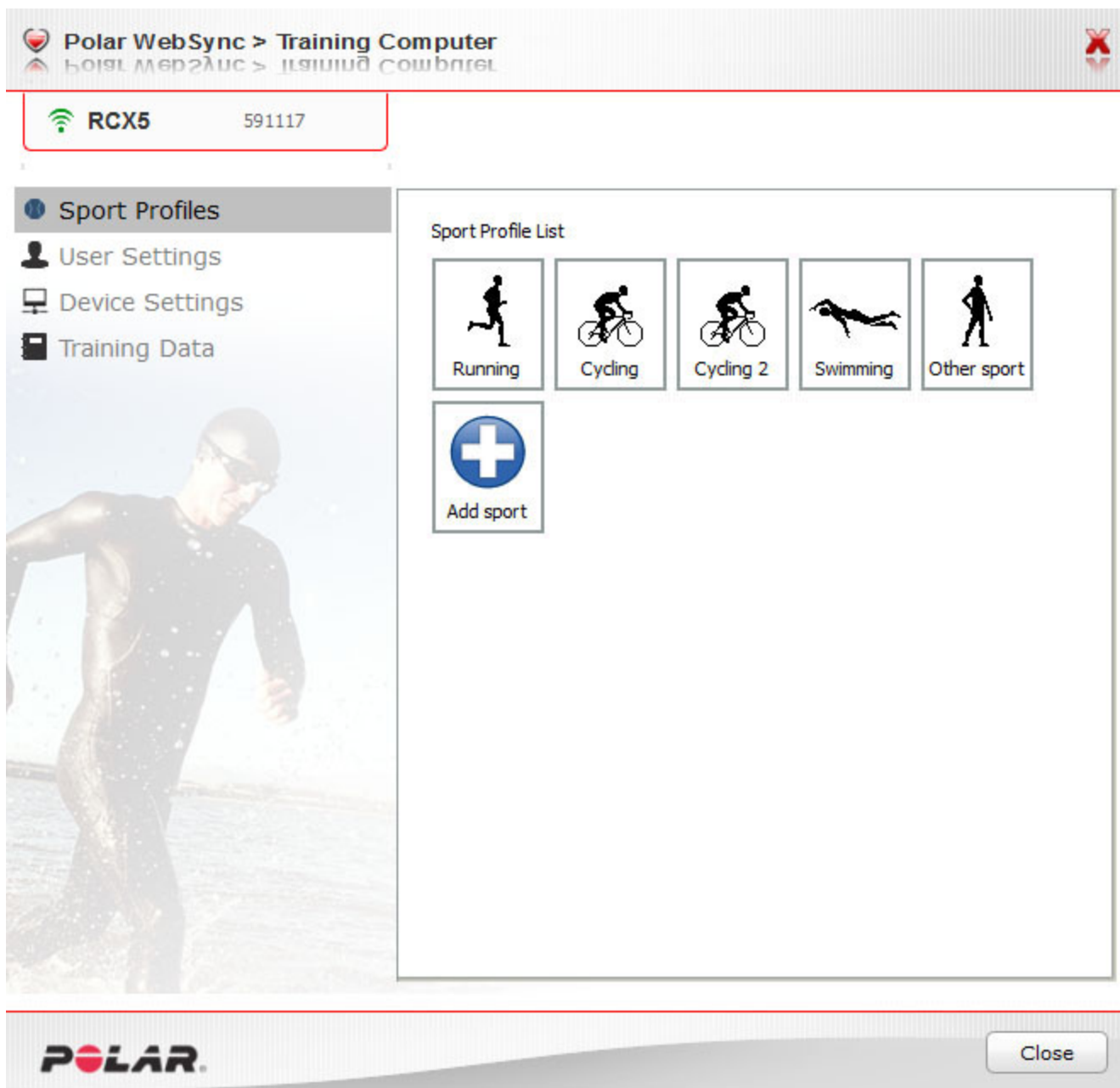
- Continue from step 6.




8. **Training Computer** window opens and WebSync starts transferring the data from your training computer to WebSync.

RC3 GPS, RCX3: You can edit your user settings and device settings and export your training data.


RCX5: You can edit your sport profiles, user settings and device settings and export your training data.

CS500: You can edit your user settings, device settings and equipment and export your training data.

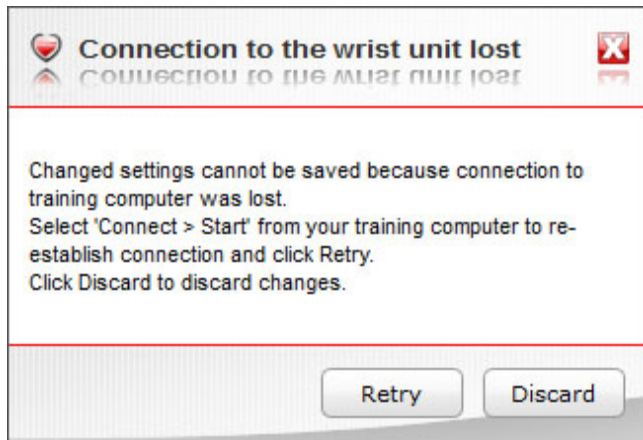


 The symbol beside your training computer model is green when WebSync is connected to your training computer . The symbol turns red if the connection is lost .

9. After editing the settings, click **Save** and the settings are transferred to your training computer.
10. The settings are transferred from your training computer to polarpersonaltrainer.com in the next synchronization. See [Data Transfer with Polar WebSync and DataLink](#) and [Data transfer with Polar WebSync and USB cable](#) for more information on synchronization.

 Note that user settings transfer is bidirectional. The most recent data is transferred either from the training computer or polarpersonaltrainer.com.

If WebSync loses the connection to your training computer while you are editing the training computer settings, you can still continue editing. When you click **Save**, the following message appears.



If you want to save the changes, select **Connect => Start / Start synchronizing** from your training computer and click **Retry** to re-establish the connection.

RC3 GPS AND RCX3

SPORT PROFILES

The list of your sport profiles on your RC3 GPS or RCX3 is shown. There are four sport profiles on your RCX3: Running, Cycling, Cycling 2 and Other sport. There are five sport profiles on your RC3 GPS: Running, Cycling, Cycling 2, Other sport 1 and Other sport 2



RCX3

197710

Sport Profiles



User Settings



Device Settings



Training Data



Sport Profile List



POLAR.

Close

Editing a sport profile

Click a sport profile on the sport profile list.

General

The screenshot shows the 'Polar WebSync > Training Computer' window. On the left, a sidebar contains 'Sport Profiles', 'User Settings', 'Device Settings', and 'Training Data'. The 'Sport Profiles' section is active, showing a list of profiles with 'RCX3' and ID '197710' highlighted. The main area displays the 'Training settings' for the 'Running' profile. It includes fields for 'Name' (Running) and 'Type' (Running), a 'Hide in pre-training mode' checkbox, and a 'Sensors' section with checkboxes for 'Heart rate sensor' (checked), 'GPS sensor', and 'Stride sensor'. A 'Calibration factor' of '1.000' is also shown. A large image of a Polar RCX3 watch is overlaid on the left side of the settings panel. At the bottom right, there are 'Save', 'Cancel', and 'Close' buttons.

Polar WebSync > Training Computer

RCX3 197710

Sport Profiles

User Settings

Device Settings

Training Data

General Training settings

Sport Profile List > Running

Name Running

Type Running

☐ Hide in pre-training mode

Sensors

☒ Heart rate sensor

☐ GPS sensor

☐ Stride sensor

Calibration factor 1.000

Save Cancel

POLAR

Close

The **Name**, **Type** and icon of the sport profiles cannot be edited.


If you want the sport profile be hidden on the sport profile list on pre-training mode of your RCX3, tick the box **Hide in pre-training mode**. This is useful if you do the sport only in certain time of year, for example.

Sensors

Set the available sensors on/off by ticking/unticking the box beside the sensor name. Only the sensors available for that sport type are listed. If a sensor has not been paired with your training computer, it is shown in grey and you cannot set it on or off. For more information on pairing sensors with your training computer, see your training computer's [user manual](#).

Set the calibration factor for the stride sensor. For more information on the calibration factor, see your training computer's [user manual](#).

Equipment sensors



Polar WebSync > Training Computer

RCX3 197710

Sport Profiles

- User Settings
- Device Settings
- Training Data

General **Training settings**

Sport Profile List > Cycling

Name: Cycling

Type: Cycling

☐ Hide in pre-training mode

Sensors

☒ Heart rate sensor

☐ GPS sensor

Equipment sensors

Equipment: Bike 1

Name: Bike 1

☐ Bike speed sensor

Wheel Size: 2000

☐ Auto Start Training

☐ Bike cadence sensor

Save Cancel

POLAR Close

If the sport type is **Cycling**, the equipment list is shown. Select the **Equipment** (bike) for use. You can edit the equipment name in the **Name** field. The name can contain a maximum of 14 characters.


Set the available sensors for the equipment on/off by ticking/unticking the box beside the sensor name. If a sensor has not been paired with your training computer, it is shown in grey and you cannot set it on or off. For more information on pairing sensors, see your training computer's [user manual](#).

If a speed sensor has been paired with your training computer, you can enter the **Wheel Size** of your bike and set the **Auto Start Training** function on/off by ticking/unticking the box.


Wheel size settings are a prerequisite for correct cycling information.


The **Auto Start Training** function starts and stops the training recording automatically when you start and stop cycling. **Auto Start Training** function requires wheel size setting and a speed sensor.


Click **Save** to transfer the settings to your training computer.


 **RCX3:** *If WebSync has lost connection to your training computer select **Connect** => **Start synchronizing** from your training computer.*


Training Settings


 Polar WebSync > Training Computer


 Polar WebSync > Training Computer


 **RCX3** 197710

 Sport Profiles

 User Settings

 Device Settings

 Training Data



General

Training settings

Sport Profile List > Running

Training

Speed units

min/km

Training sounds

Loud


☐ Automatic lap

1.0

km

Save

Cancel




Close

Training

Set the **Speed unit**: km/h / mph or min/km / min/mi.

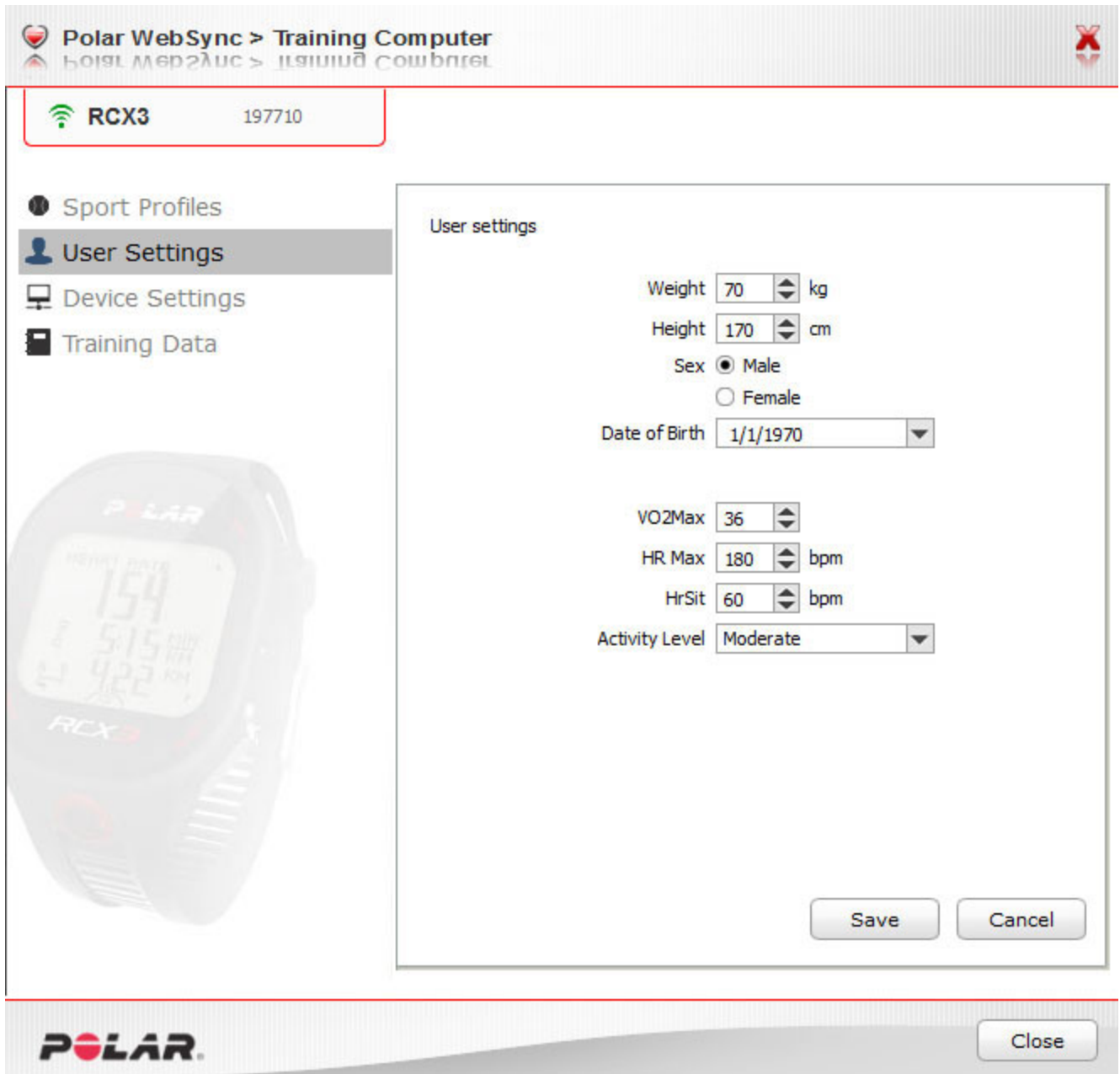
Set the **Training sounds**: Off, Soft, Loud, Very loud.

Set the **Automatic lap** function on by ticking the box and adding the lap distance. Untick the box to set the function off.

 **RCX3:** If WebSync has lost connection to your training computer select **Connect => Start synchronizing** from your training computer.

USER SETTINGS

Enter your user settings accurately to receive the correct feedback on your performance. Click **Save** to save the changes to WebSync and your training computer.



The screenshot shows the Polar WebSync Training Computer interface. At the top, there's a header with the Polar logo and the text "Polar WebSync > Training Computer". Below this, there's a navigation bar with "RCX3" and the ID "197710". On the left, there's a sidebar with "Sport Profiles", "User Settings" (selected), "Device Settings", and "Training Data". The main area displays the "User settings" dialog box. It contains fields for Weight (70 kg), Height (170 cm), Sex (Male selected), Date of Birth (1/1/1970), VO2Max (36), HR Max (180 bpm), HrSit (60 bpm), and Activity Level (Moderate). There are "Save" and "Cancel" buttons at the bottom right of the dialog box. A Polar RCX3 cycling computer is shown in the background on the left side of the dialog box. The bottom of the interface features the Polar logo and a "Close" button.

Polar WebSync > Training Computer

RCX3 197710

Sport Profiles

User Settings

Device Settings

Training Data

User settings

Weight 70 kg

Height 170 cm

Sex ☒ Male ☐ Female

Date of Birth 1/1/1970

VO2Max 36

HR Max 180 bpm


HrSit 60 bpm

Activity Level Moderate


Save Cancel

POLAR

Close


 For more information on VO_{2max} and activity levels, see your training computer's [user manual](#).

Click **Save** to transfer the settings to your training computer.

 RCX3: If WebSync has lost connection to your training computer select **Connect** => **Start synchronizing** from your training computer.

DEVICE SETTINGS

General



Polar WebSync > Training Computer

RCX3 197710

- Sport Profiles
- User Settings
- Device Settings**
- Training Data

General Watch Logo

Sounds

Button Lock

System Units

System language

Power Save ☒

Put RCX3 to sleep from to

POLAR

Sounds: Set the training computer button sounds **On/Off**.

Set the **Button Lock. Automatic:** Button lock is activated when you have not pressed the buttons for a minute. To unlock buttons, press and hold LIGHT button in time mode. **Manual:** To lock or unlock buttons manually, press and hold LIGHT button in time mode.

System Units: Select units Metric/Imperial for the training computer and WebSync.

System Language: Select the language for the training computer.

RCX3: Check the **Power Save** box and define the sleep time for the training computer. During the selected time RCX3 display is blank. To exit the power save mode, press any button. If you have not pressed any button for five minutes, the display returns to power save mode. Using power save maximizes the battery lifetime of your RCX3.

Watch



The screenshot shows the Polar WebSync Training Computer interface. At the top, it says "Polar WebSync > Training Computer". Below this, there's a header for the device "RCX3" with the ID "197710". On the left, there's a sidebar with navigation options: "Sport Profiles", "User Settings", "Device Settings" (which is highlighted), and "Training Data". The main content area has three tabs: "General", "Watch", and "Logo". The "Watch" tab is active, showing settings for "Time", "Date", and "Alarm".

Time

Time format: 24 h ☐ Use computer time

Time 2: 0:00 h ☐ Use time 2

Date

Date: 17/02/12

Format: ddmmyyyy

Separator: /

First Day of Week: Monday

Alarm

☐ Alarm 10:00 Once

Buttons: Save, Cancel, Close

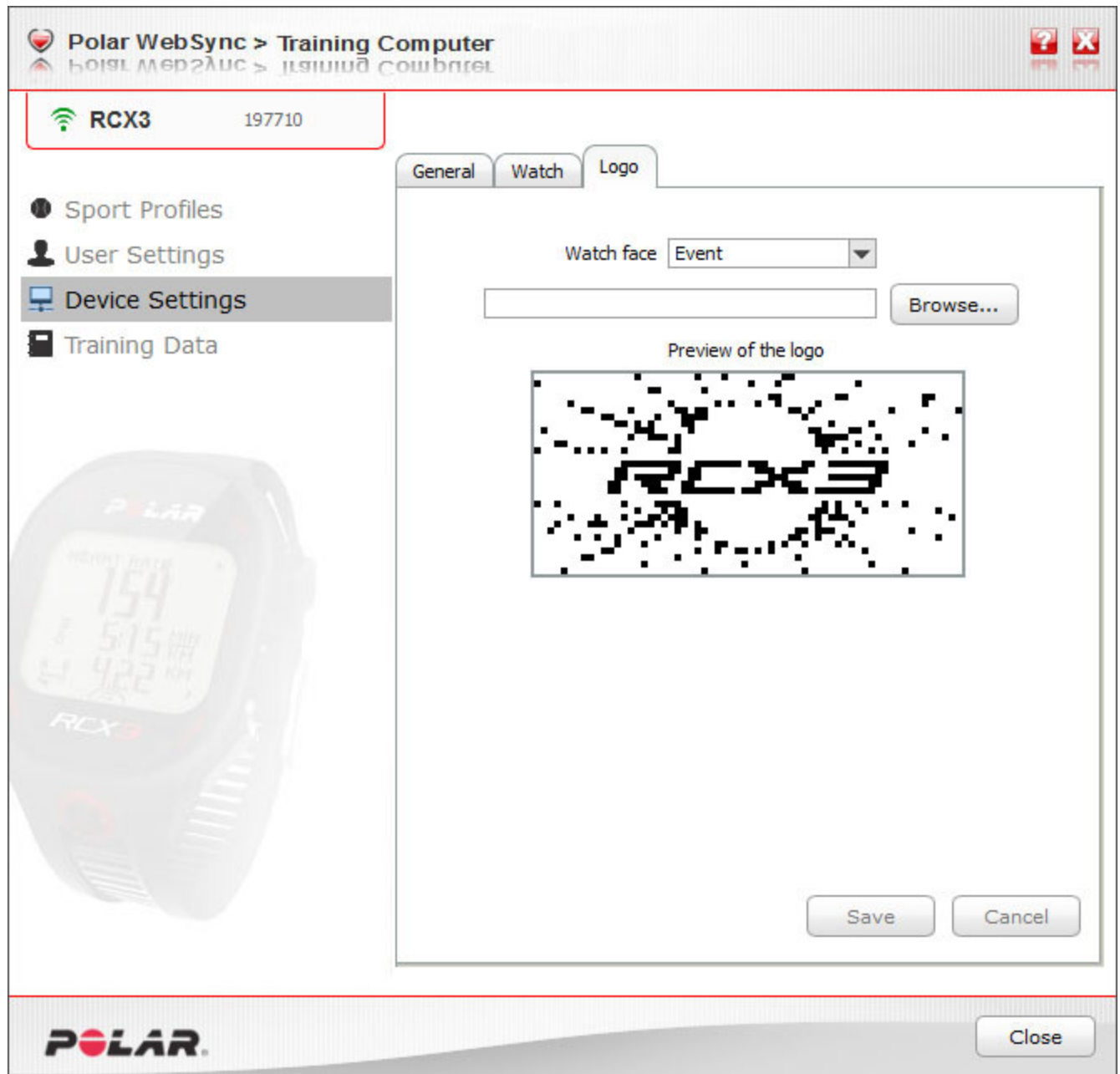
Set the **Time** format **24h** or **12h**. If you select **Use computer time**, your training computer's time is synched with your computer's time.

Set the difference of **Time 2** compared to **Time**. Select **Use time 2** to take Time 2 into use on your training computer.

Set the **Date**, date **Format**, date **Separator** and the **First Day of Week**.

Set the **Alarm** On/Off by ticking/unticking the box. Set the alarm time and frequency.

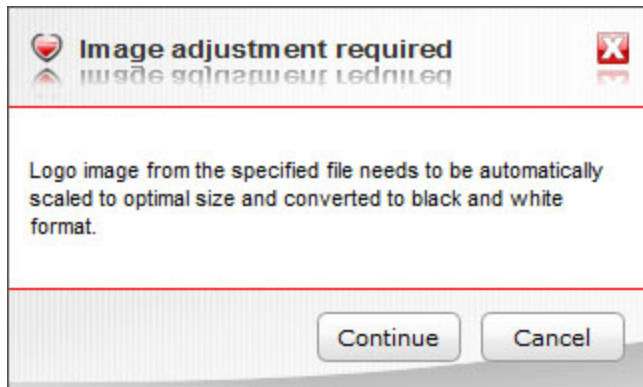
Logo



Select **Watch face**: Date, Logo, Event.


To select a logo, browse to the logo file on your computer. Supported image formats are .jpg, .png, .gif and .bmp. It is recommended to use a black-and-white image. The selected image is scaled automatically to a suitable size, which is 64x30 pixels. If the image is wrong size or format, message **Logo image from the**

specified file needs to be automatically scaled to optimal size and converted to black and white format. appears. Select **Continue**.





The **Event** option is available, if you have set an event to your training computer in polarpersonaltrainer.com. For more information on setting an event, see polarpersonaltrainer.com help.


Click **Save** to transfer the settings to your training computer.

 **RCX3:** *If WebSync has lost connection to your training computer select **Connect** => **Start synchronizing** from your training computer.*


TRAINING DATA


**Polar WebSync > Training Computer**


 Polar M600 > Polar M600


**RCX3**


197710

 Sport Profiles

 User Settings

 Device Settings

 **Training Data**



Training data

	Sport Profile	Time	Duration
<input type="checkbox"/>	Other sport	11.4.2011 16:31	0:56:42
<input type="checkbox"/>	Running	10.4.2011 12:27	1:23:52

Select all

Export selected

Save

Cancel

POLAR

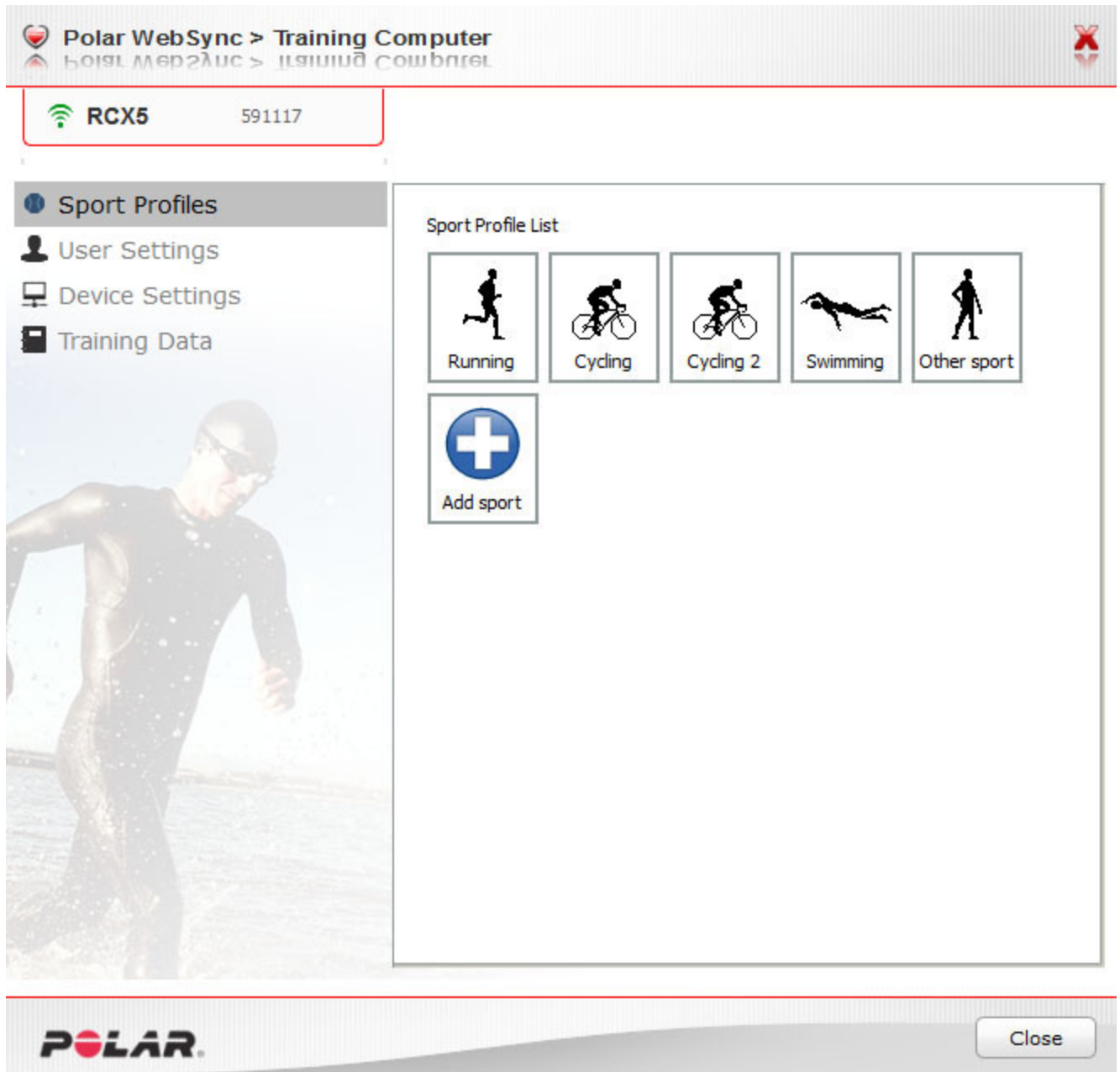
Close

Export your training files by selecting training files and clicking **Export selected**. Select a location for the files. The files can be transferred to Polar ProTrainer 5 software. Go to www.polar.fi/support for more information on importing the files in Polar ProTrainer 5.

RCX5

SPORT PROFILES

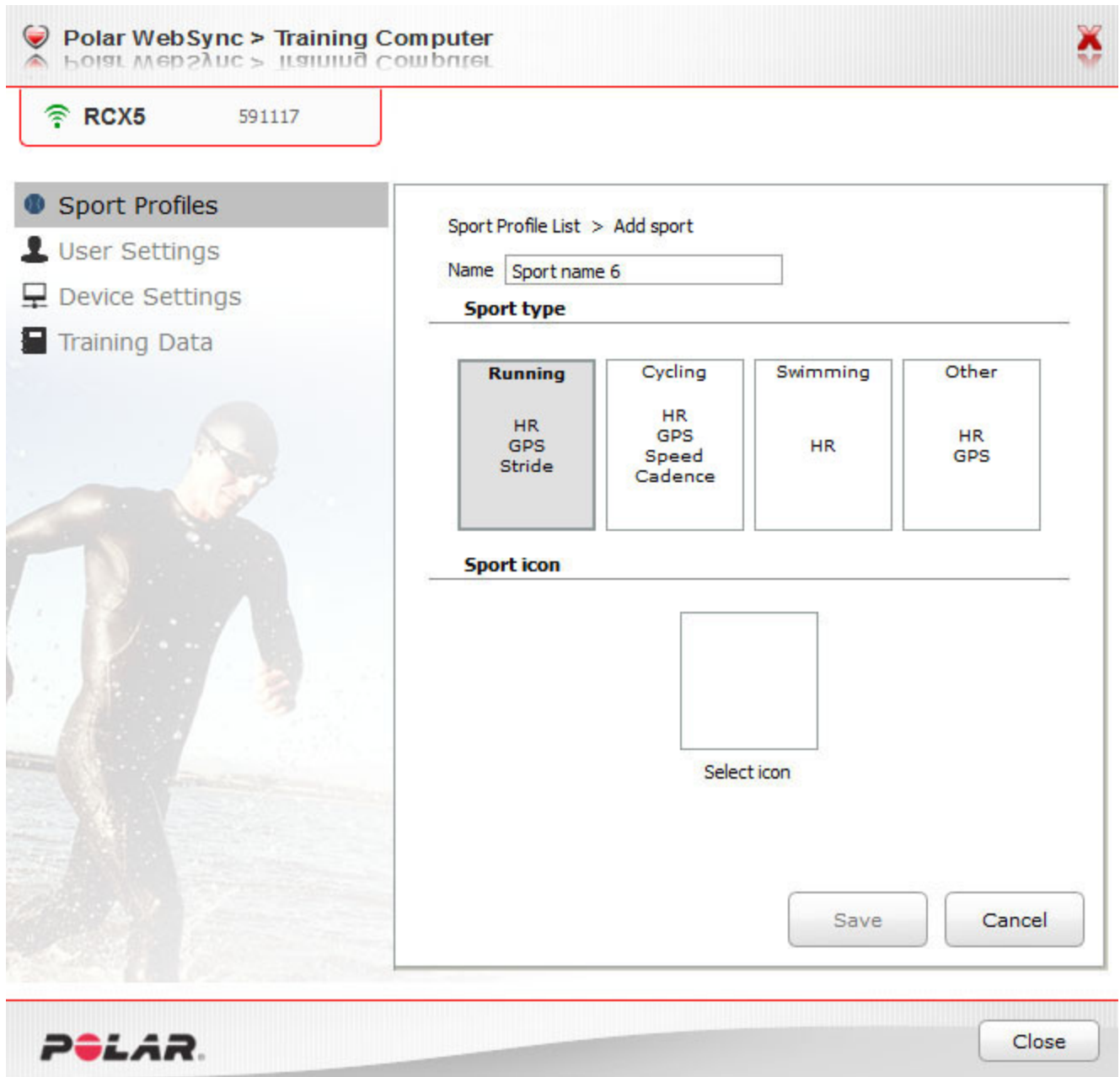
The list of your sport profiles on your RCX5 is shown. There are five default sport profiles on your RCX5: Running, Cycling, Cycling 2, Swimming and Other sport.



Add a new sport profile

You can have a maximum of 15 sport profiles on your RCX5.

1. Click **Add sport** on the sport profile list.



The screenshot shows the Polar WebSync Training Computer interface. At the top, there's a header with the Polar logo and 'Polar WebSync > Training Computer'. Below this, a status bar shows 'RCX5' and the ID '591117'. On the left, a sidebar lists 'Sport Profiles', 'User Settings', 'Device Settings', and 'Training Data'. The main area is titled 'Sport Profile List > Add sport'. It contains a 'Name' field with 'Sport name 6'. Below this is the 'Sport type' section with four options: 'Running' (selected), 'Cycling', 'Swimming', and 'Other'. Each option lists compatible sensors: Running (HR, GPS, Stride), Cycling (HR, GPS, Speed, Cadence), Swimming (HR), and Other (HR, GPS). Below the sport type is the 'Sport icon' section with a large white rectangle and the text 'Select icon'. At the bottom right are 'Save' and 'Cancel' buttons. The footer features the Polar logo and a 'Close' button.

Polar WebSync > Training Computer

RCX5 591117

Sport Profiles

User Settings

Device Settings

Training Data

Sport Profile List > Add sport

Name Sport name 6

Sport type

Running	Cycling	Swimming	Other
HR GPS Stride	HR GPS Speed Cadence	HR	HR GPS

Sport icon


Select icon

Save Cancel

POLAR

Close

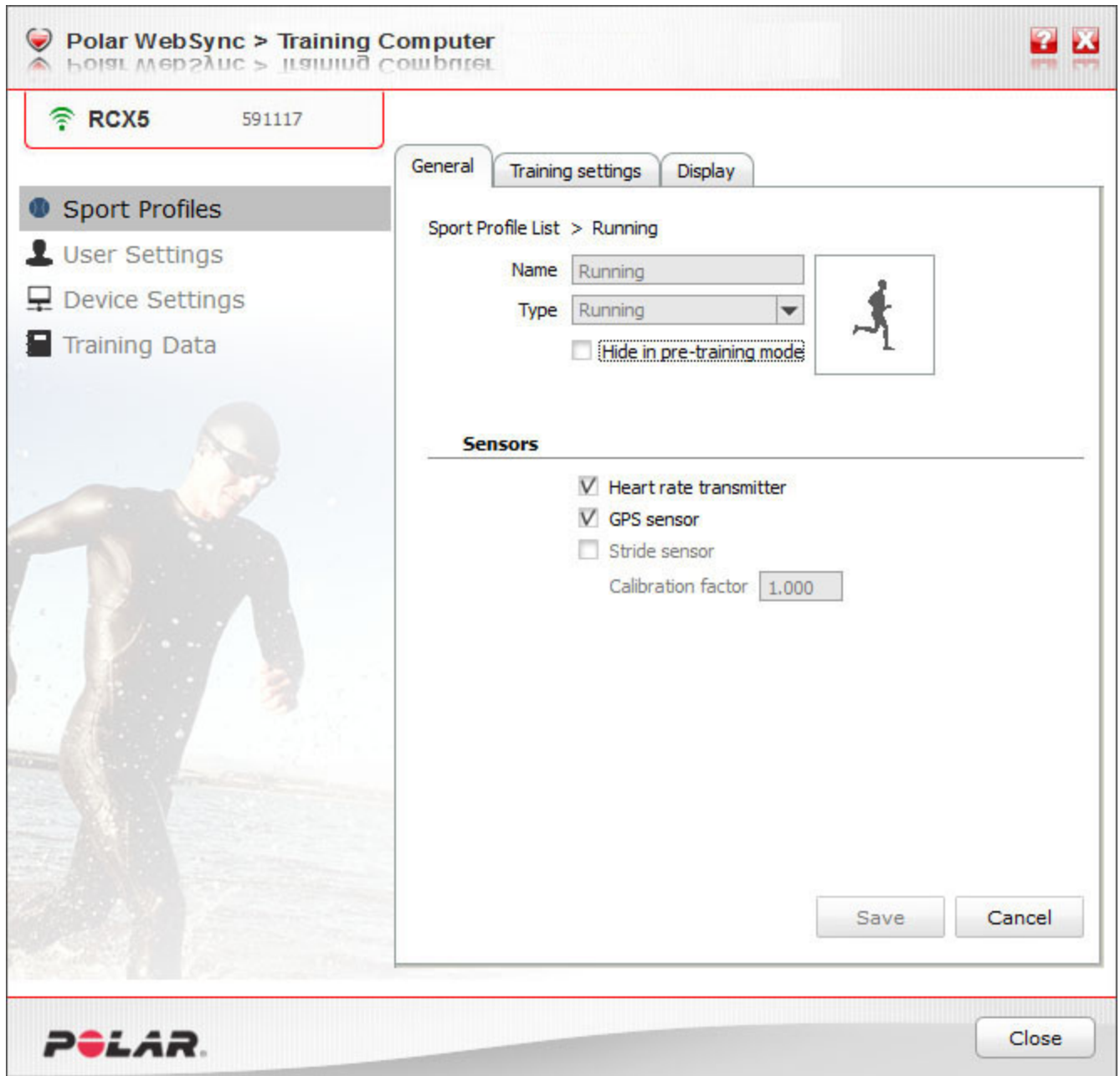
2. Give your sport profile a name (max. 14 characters).
3. Select a suitable **Sport type**. The sport type determines which sensors and what kind of training views you can use in the sport profile. For more information on compatible sensors and training views, see your training computer's [user manual](#).
4. Click the white rectangle to select a suitable icon for your sport profile. The icon is shown on your training computer and on the training result view on [polarpersonaltrainer.com](#) Diary.
5. Click **Save** and the sport profile is added to the sport profile list on WebSync and to your RCX5.

 If WebSync has lost connection to your training computer select **Connect => Start synchronizing** from your training computer.

Editing a sport profile

Click a sport profile on the sport profile list.

General



The screenshot shows the Polar WebSync Training Computer interface. At the top, the title bar reads "Polar WebSync > Training Computer". Below the title bar, there is a status bar showing "RCX5" and "591117". The main content area is divided into a left sidebar and a right pane. The sidebar contains a "Sport Profiles" section with a list of options: "Sport Profiles", "User Settings", "Device Settings", and "Training Data". The right pane is titled "Sport Profile List > Running" and contains the following settings:

- Name:** Running
- Type:** Running
- ☐ Hide in pre-training mode
- Sensors:**
 - ☒ Heart rate transmitter
 - ☒ GPS sensor
 - ☐ Stride sensor
 - Calibration factor: 1.000

At the bottom of the right pane, there are "Save" and "Cancel" buttons. The bottom of the window features the "POLAR" logo on the left and a "Close" button on the right.

You can edit the **Name** and **Type** of the sport profiles you have created in WebSync. These cannot be edited for the RCX5 default sport profiles.

If you want the sport profile be hidden on the sport profile list on pre-training mode of your RCX5, tick the box **Hide in pre-training mode**. This is useful if you do the sport only in certain time of year, for example.

Sensors

Set the available sensors on/off by ticking/unticking the box beside the sensor name. Only the sensors available for that sport type are listed. If a sensor has not been paired with your training computer, it is shown in grey and you cannot set it on or off. For more information on pairing sensors with your training computer, see your training computer's [user manual](#).

Set the calibration factor for the stride sensor. For more information on the calibration factor, see your training computer's [user manual](#).

Equipment sensors

Polar WebSync > Training Computer

RCX5
591117

Sport Profiles

User Settings
 Device Settings
 Training Data

General
Training settings
Display

Sport Profile List > Cycling

Name Cycling
Type Cycling
☐ Hide in pre-training mode

Sensors

☒ Heart rate sensor
☐ GPS sensor

Equipment sensors

Equipment Bike 1
Name Bike 1
☐ Bike speed sensor

Wheel Size 2000
☐ Auto Start Training
☐ Bike cadence sensor

Save

Cancel

Close

If the sport type is **Cycling**, the equipment list is shown. Select the **Equipment** (bike) for use. You can edit the equipment name in the **Name** field. The name can contain a maximum of 14 characters.


Set the available sensors for the equipment on/off by ticking/unticking the box beside the sensor name. If a sensor has not been paired with your training computer, it is shown in grey and you cannot set it on or off. For more information on pairing sensors, see your training computer's [user manual](#).

If a speed sensor has been paired with your training computer, you can enter the **Wheel Size** of your bike and set the **Auto Start Training** function on/off by ticking/unticking the box.

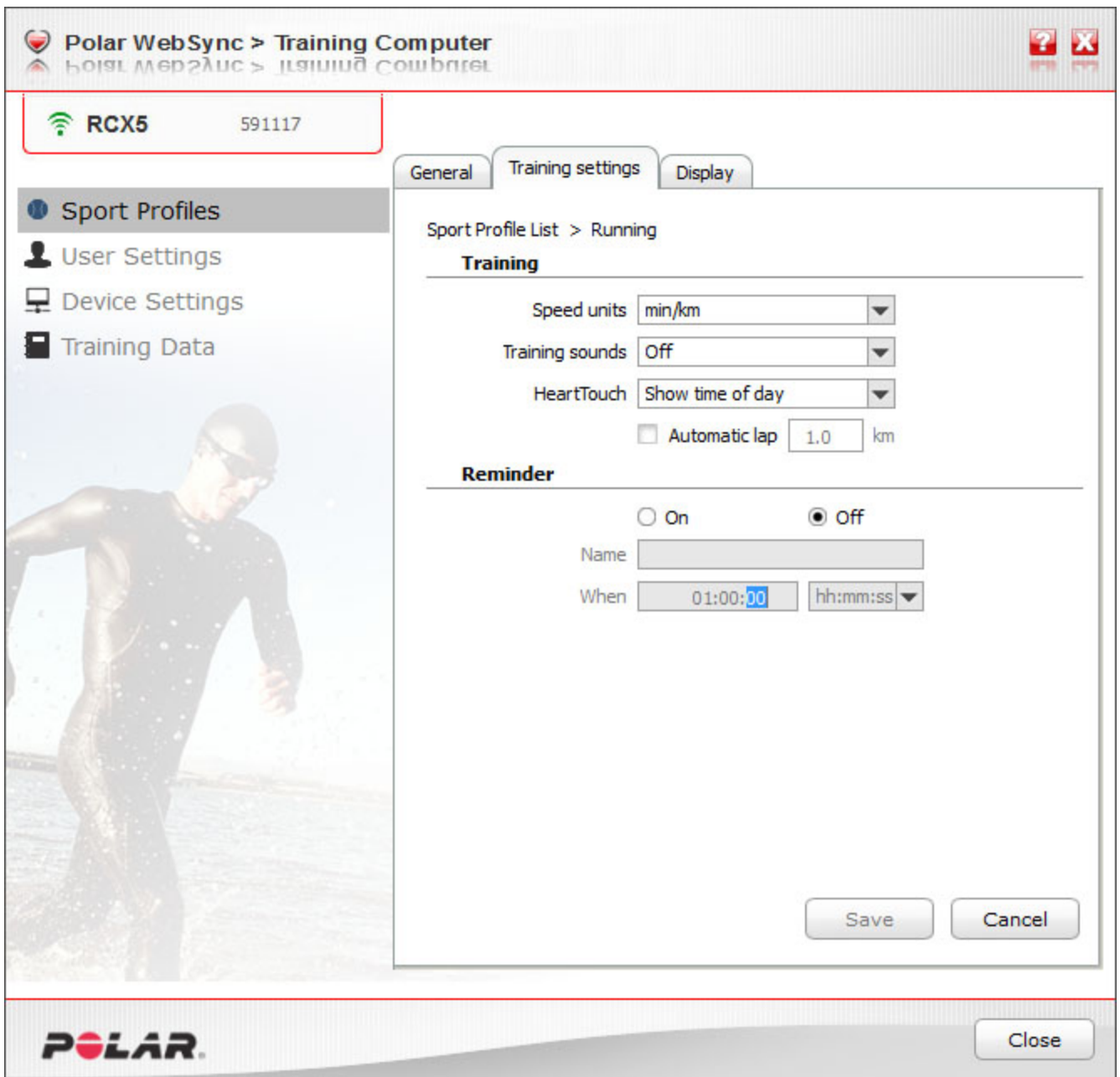
Wheel size settings are a prerequisite for correct cycling information.

The **Auto Start Training** function starts and stops the training recording automatically when you start and stop cycling. **Auto Start Training** function requires wheel size setting and a speed sensor.

Click **Save** to transfer the settings to your training computer.

 If WebSync has lost connection to your training computer select **Connect** => **Start synchronizing** from your training computer.

Training Settings



Polar WebSync > Training Computer

RCX5 591117

Sport Profiles

User Settings

Device Settings

Training Data

General Training settings Display

Sport Profile List > Running

Training

Speed units min/km

Training sounds Off

HeartTouch Show time of day

☐ Automatic lap 1.0 km

Reminder

☐ On ☒ Off

Name

When 01:00:00 hh:mm:ss

Save Cancel

POLAR

Close

Training

Set the **Speed unit**: km/h / mph or min/km / min/mi.

Set the **Training sounds**: Off, Soft, Loud, Very loud.

Set the function for **HeartTouch**: Off, Backlight, Change view, Show limits, Show time of day, Take lap. By bringing your training computer close to your transmitter during training you can activate backlight, change the training view, show limits, show time of day or take a lap.

Set the **Automatic lap** function on by ticking the box and adding the lap distance. Untick the box to set the function off.

Reminder

Training reminder reminds you to drink, eat or take other important actions during training. Reminder is based on energy consumption (kcal), distance (km/mi) or time. Reminder alarms when certain calories, distance or time has been reached during training. When reminder alarms, reminder counter is reset. That means reminder alarms regularly (for example if reminder is set for 300 kcal, reminder alarms when 300 kcal, 600 kcal, 900 kcal...is consumed).


Select **On** to set the reminder. Add the reminder text (**Name**) (max. 10 characters) that is shown on your training computer display when the reminder alarms. Set the frequency for the reminder (**When**). Select **Off** to disable the reminder. For more information on reminders, see your training computer's [user manual](#).



Click **Save** to transfer the settings to your training computer.




*If WebSync has lost connection to your training computer select **Connect** => **Start synchronizing** from your training computer.*

Display

 Polar WebSync > Training Computer

 RCX5 591117

Sport Profiles

User Settings

Device Settings

Training Data


General

Training settings

Display

Sport Profile List > Running

Below you can see the training views that you can set in the training computer. The picture on the right shows the order of items on the training computer display.



☒ Training view 1

1. HR

2. Calories

3. Time of day

4. Stopwatch

☒ Training view 2

1. Zone pointer

2. Time in zone

3. Pace

4. Distance

☒ Training view 3

1. Pace

2. Avg pace

3. HR Avg

4. HR

☒ Training view 4

1. Lap time

2. Lap distance

3. Calories

4. Trip

☐ Training view 5

1. Stopwatch

2. Previous lap

3. Lap time

4. Time of day

☐ Training view 6

1. Stopwatch

2. Previous lap

3. Lap time

4. Time of day

☒ Show view numbers when changing training view

Save


Cancel

POLAR

Close


Customize your training computer display to see the information that you think is the most important during a training session. Each sport profile can have six different training views which you can customize.

Training views that are in use are checked. Training views that are not in use are unchecked and grey. To start using a new view, check the Training view "number" box and the view is activated. Choose the items you want to see from the drop-down menu. Explanations for the items are in your training computer's [user manual](#).

 *The items that are available in the drop-down menu depend on the sensors that have been paired with your training computer.*


Enable **Show view numbers when changing training view** to make view selection easier during training.


Click **Save** to transfer the settings to your training computer.


 *If WebSync has lost connection to your training computer select **Connect** => **Start synchronizing** from your training computer.*

USER SETTINGS


Enter your user settings accurately to receive the correct feedback on your performance. Click **Save** to save the changes to WebSync and your training computer.


 Polar WebSync > Training Computer





 RCX5


591117

 Sport Profiles

 User Settings

 Device Settings

 Training Data



User settings

Weight

kg

Height

cm

Sex

☒ Male

☐ Female

Date of Birth

▼

VO2Max

Max Heart Rate

bpm

HrSit


bpm

Activity Level


▼

Save


Cancel

 POLAR

Close

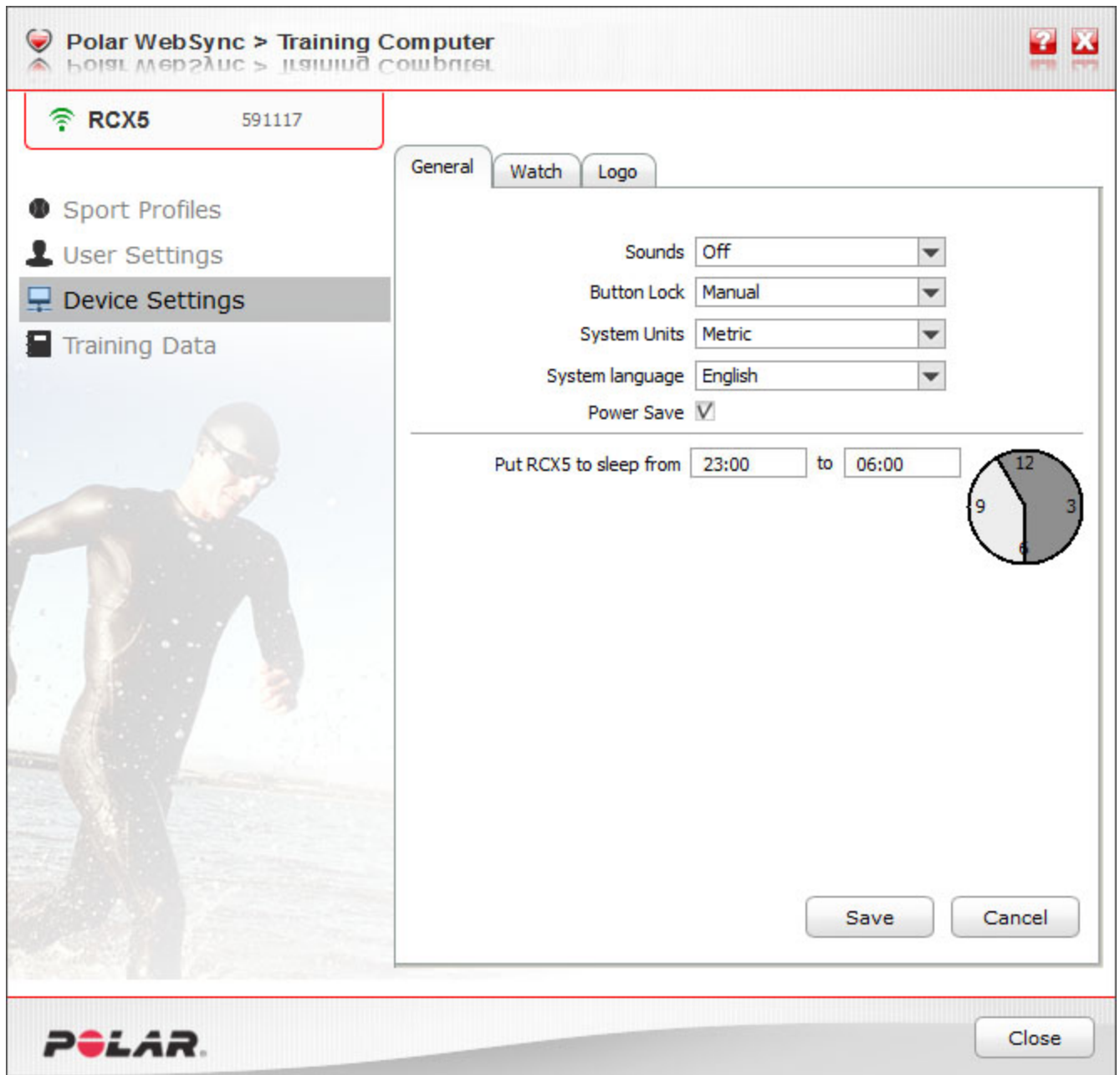
 For more information on VO_{2max} and activity levels, see your training computer's [user manual](#).

Click **Save** to transfer the settings to your training computer.

 If WebSync has lost connection to your training computer select **Connect => Start synchronizing** from your training computer.

DEVICE SETTINGS

General



The screenshot shows the Polar WebSync Training Computer interface. At the top, it says "Polar WebSync > Training Computer". Below this, there's a header for the "RCX5" device with the ID "591117". On the left, there's a sidebar with navigation options: "Sport Profiles", "User Settings", "Device Settings" (which is highlighted), and "Training Data". The main content area is titled "General" and contains several settings: "Sounds" set to "Off", "Button Lock" set to "Manual", "System Units" set to "Metric", "System language" set to "English", and "Power Save" checked. Below these settings, there's a section for "Put RCX5 to sleep from" with a time range from "23:00" to "06:00". To the right of this is a circular clock icon. At the bottom right, there are "Save" and "Cancel" buttons. The Polar logo is visible at the bottom left, and a "Close" button is at the bottom right.

Polar WebSync > Training Computer

RCX5 591117

Sport Profiles

User Settings

Device Settings

Training Data

General Watch Logo

Sounds Off

Button Lock Manual

System Units Metric

System language English

Power Save ☒

Put RCX5 to sleep from 23:00 to 06:00

Save Cancel

POLAR

Close

Sounds: Set the training computer button sounds **On/Off**.

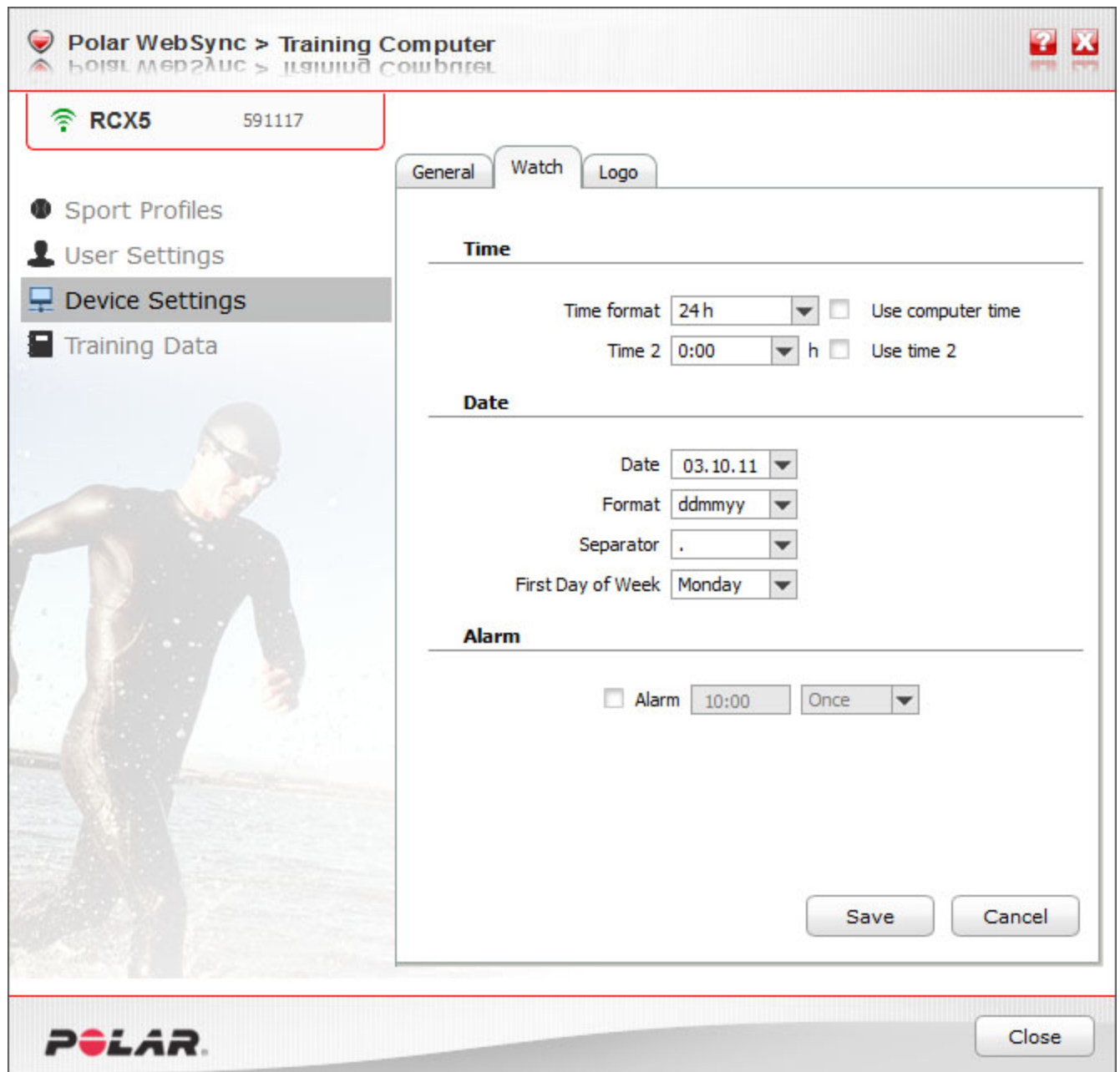
Set the **Button Lock. Automatic:** Button lock is activated when you have not pressed the buttons for a minute. To unlock buttons, press and hold LIGHT button in time mode. **Manual:** To lock or unlock buttons manually, press and hold LIGHT button in time mode.

System Units: Select units Metric/Imperial for the training computer and WebSync.

System Language: Select the language for the training computer.

Check the **Power Save** box and define the sleep time for the training computer. During the selected time RCX5 display is blank. To exit the power save mode, press any button. If you have not pressed any button for five minutes, the display returns to power save mode. Using power save maximizes the battery lifetime of your RCX5.

Watch



The screenshot shows the Polar WebSync Training Computer interface. The title bar reads "Polar WebSync > Training Computer". Below the title bar, there is a status bar showing "RCX5" and the ID "591117". The left sidebar contains a menu with "Sport Profiles", "User Settings", "Device Settings" (highlighted), and "Training Data". The main content area has three tabs: "General", "Watch" (selected), and "Logo". The "Watch" tab contains settings for Time, Date, and Alarm. The Time section has "Time format" set to "24 h" and "Time 2" set to "0:00". The Date section has "Date" set to "03.10.11", "Format" set to "ddmmyy", "Separator" set to ".", and "First Day of Week" set to "Monday". The Alarm section has an unchecked "Alarm" checkbox, a time set to "10:00", and a frequency set to "Once". At the bottom right of the Watch tab are "Save" and "Cancel" buttons. At the bottom of the entire window is the Polar logo and a "Close" button.

Polar WebSync > Training Computer

RCX5 591117

Sport Profiles
User Settings
Device Settings
Training Data

General Watch Logo

Time

Time format 24 h ☐ Use computer time
Time 2 0:00 h ☐ Use time 2

Date

Date 03.10.11
Format ddmmyy
Separator .
First Day of Week Monday

Alarm

☐ Alarm 10:00 Once

Save Cancel

POLAR Close

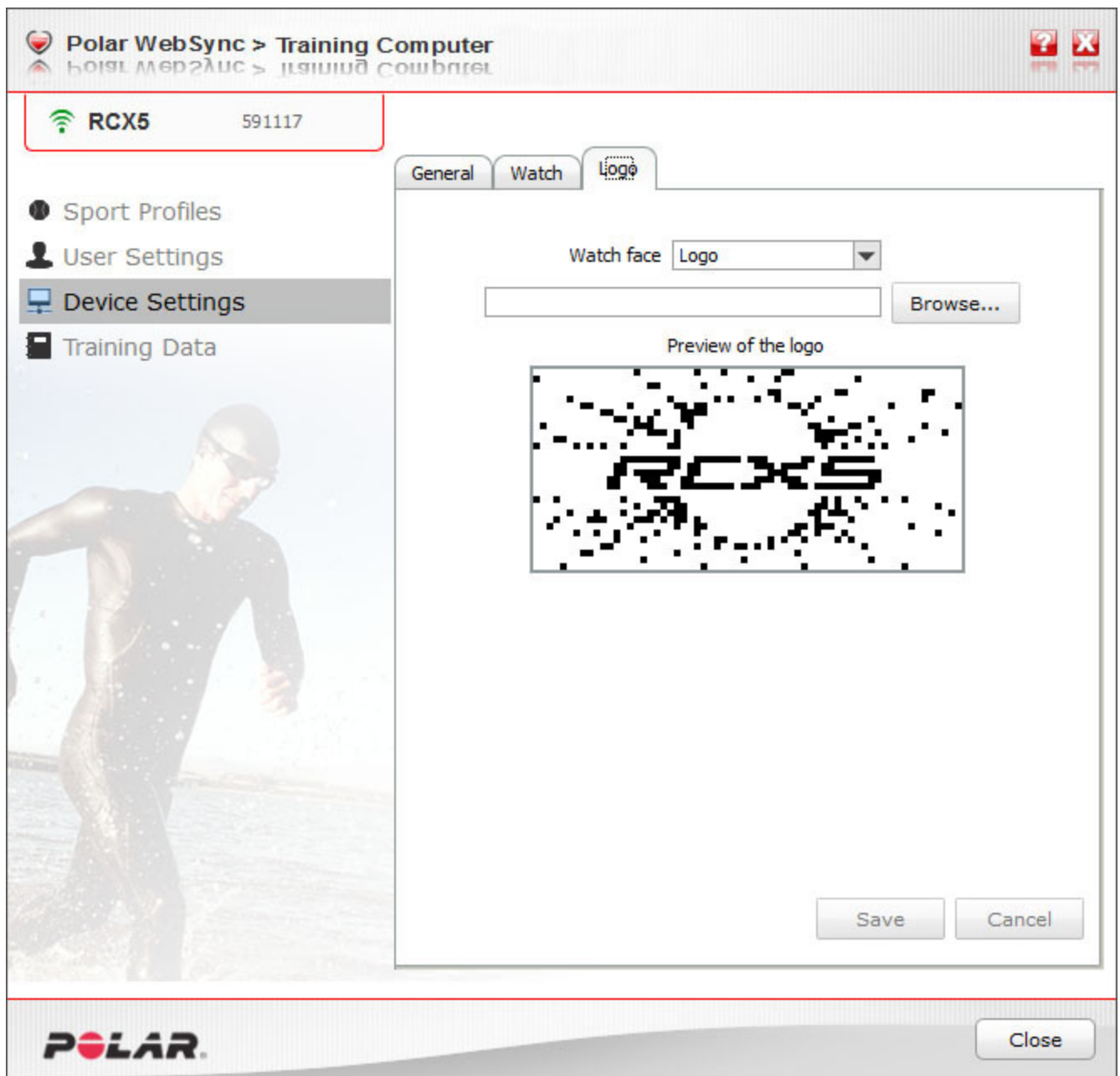
Set the **Time** format **24h** or **12h**. If you select **Use computer time**, your training computer's time is synched with your computer's time.

Set the difference of **Time 2** compared to **Time**. Select **Use time 2** to take Time 2 into use on your training computer.

Set the **Date**, date **Format**, date **Separator** and the **First Day of Week**.

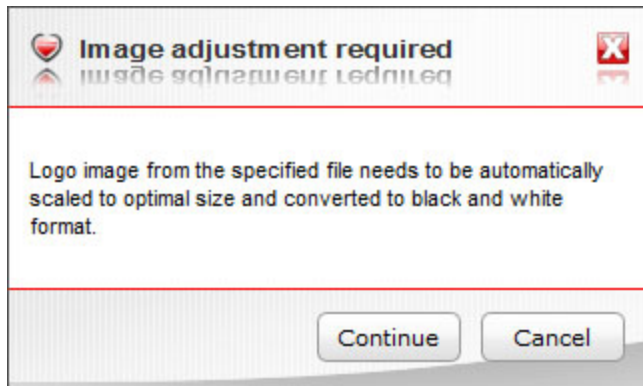
Set the **Alarm** On/Off by ticking/unticking the box. Set the alarm time and frequency.

Logo




Select **Watch face: Date, Logo, Event**.

To select a logo, browse to the logo file on your computer. Supported image formats are .jpg, .png, .gif and .bmp. It is recommended to use a black-and-white image. The selected image is scaled automatically to a suitable size, which is 64x30 pixels. If the image is wrong size or format, message **Logo image from the specified file needs to be automatically scaled to optimal size and converted to black and white format** appears. Select **Continue**.





The **Event** option is available, if you have set an event to your training computer in polarpersonaltrainer.com. For more information on setting an event, see polarpersonaltrainer.com help.


Click **Save** to transfer the settings to your training computer.

 If WebSync has lost connection to your training computer select **Connect => Start synchronizing** from your training computer.


TRAINING DATA


 Polar WebSync > Training Computer





 RCX5

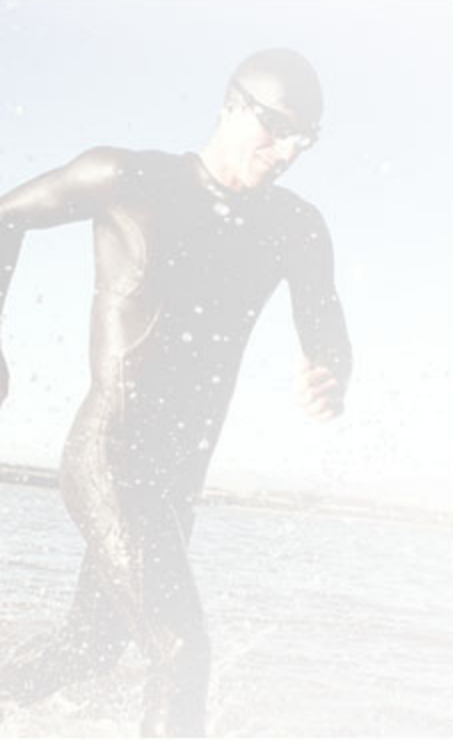
591117

 Sport Profiles

 User Settings

 Device Settings

 Training Data



Training data


	Sport Profile	Time	Duration	
<input type="checkbox"/>	Other sport	11.4.2011 16:31	0:56:42	▲
<input type="checkbox"/>	Running	10.4.2011 12:27	1:23:52	▼

Select all

Export selected

Save

Cancel

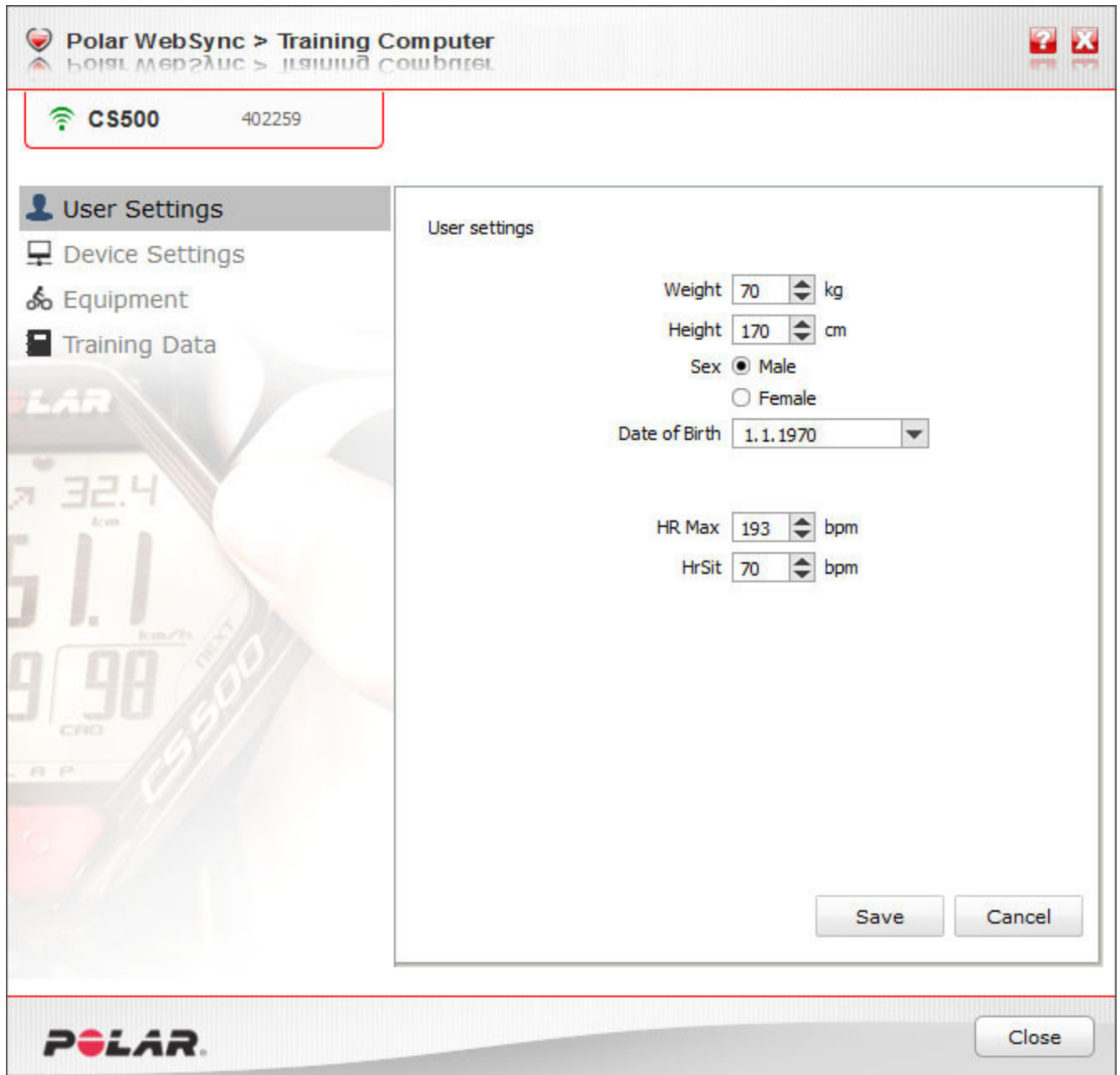


Close

Export your training files by selecting training files and clicking **Export selected**. Select a location for the files. The files can be transferred to Polar ProTrainer 5 software. Go to www.polar.fi/support for more information on importing the files in Polar ProTrainer 5.

CS500

USER SETTINGS



Polar WebSync > Training Computer

CS500 402259

User Settings

Device Settings

Equipment

Training Data

User settings

Weight 70 kg

Height 170 cm

Sex ☒ Male ☐ Female

Date of Birth 1.1.1970

HR Max 193 bpm

HrSit 70 bpm

Save Cancel


POLAR

Close

Enter your user settings accurately to receive the correct feedback on your performance. Click **Save** to save the changes to WebSync and your training computer.


For more information on **HR Max** (maximum heart rate) and **HrSit** (heart rate on a sitting position), see your training computer's [user manual](#).



Click **Save** to transfer the settings to your training computer.


 If WebSync has lost connection to your training computer select **Connect** => **Start** from your training computer.

DEVICE SETTINGS

Training settings

 **Polar WebSync > Training Computer**

 **CS500** 402259

User Settings

Device Settings

Equipment

Training Data

Training settings

Watch

Logo

Training

Training sounds Off

☐ Automatic lap 5.0 km

Reminder

☐ On ☒ Off

Name

When 1 kcal

Save

Cancel

POLAR

Close

Training

Set the **Training sounds**: **Off**, **Soft**, **Loud**, **Very loud**.

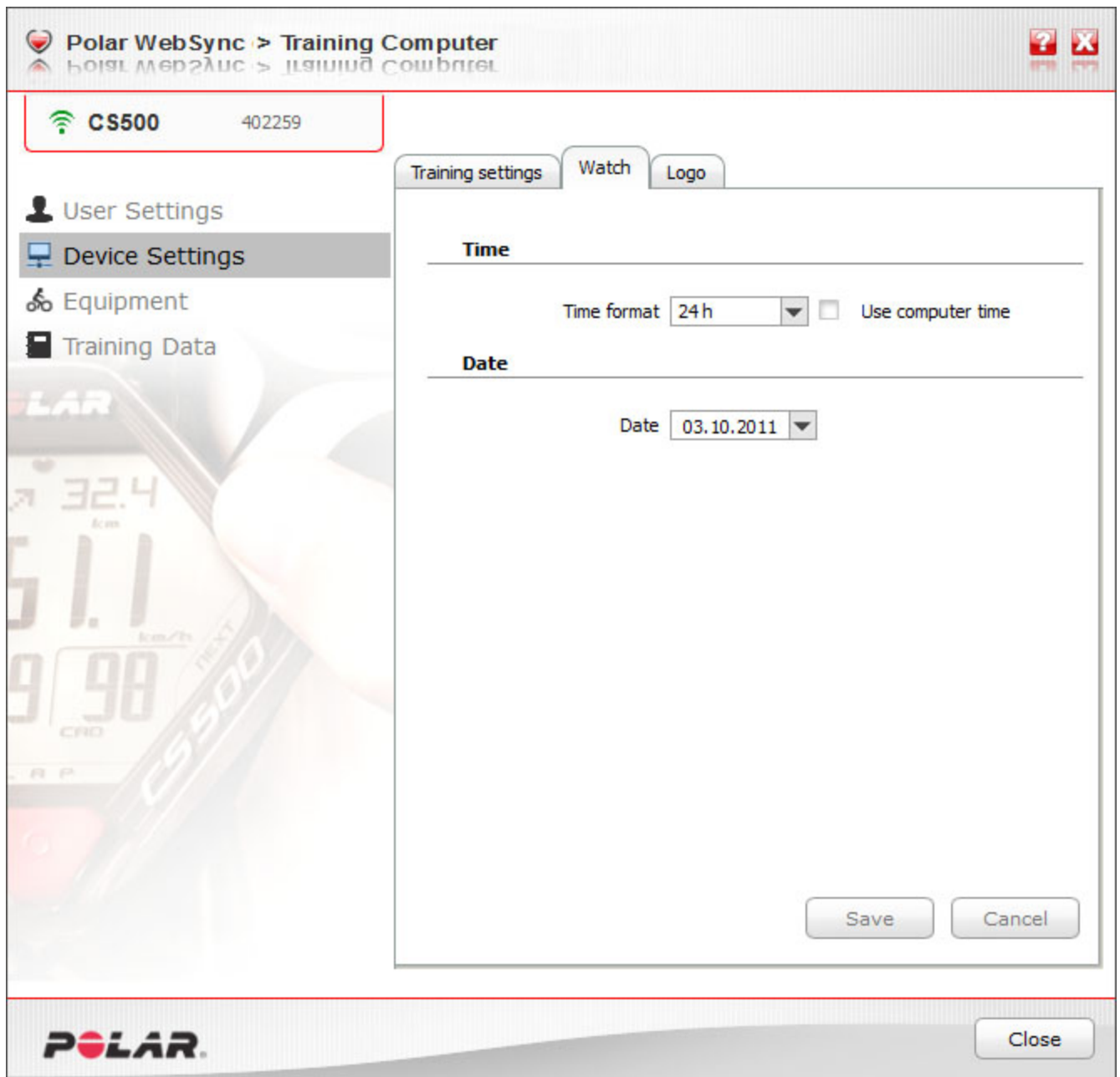
Set the **Automatic lap** function on by ticking the box and adding the lap distance. Untick the box to set the function off.

Reminder

Training **Reminder** reminds you to drink, eat or take other important actions during training. Reminder is based on energy consumption (kcal), distance (km/mi) or time. Reminder alarms when certain calories, distance or time has been reached during training. When reminder alarms, reminder counter is reset. That means reminder alarms regularly (for example if reminder is set for 300 kcal, reminder alarms when 300 kcal, 600 kcal, 900 kcal...is consumed).

Select **On** to set the reminder. Add the reminder text (**Name**) (max. 8 characters) that is shown on your training computer display when the reminder alarms. Set the frequency for the reminder (**When**). Select **Off** to disable the reminder. For more information on reminders, see your training computer's [user manual](#).

Watch



The screenshot shows the Polar WebSync Training Computer interface. At the top, the title bar reads "Polar WebSync > Training Computer". Below the title bar, there is a header section with a green Wi-Fi icon, the text "CS500", and the number "402259". On the left side, there is a sidebar with four menu items: "User Settings", "Device Settings" (which is highlighted), "Equipment", and "Training Data". The main content area has three tabs: "Training settings", "Watch" (which is selected), and "Logo". The "Watch" tab contains two sections: "Time" and "Date". The "Time" section has a "Time format" dropdown menu set to "24 h" and a checkbox labeled "Use computer time" which is currently unchecked. The "Date" section has a "Date" dropdown menu set to "03.10.2011". At the bottom right of the "Watch" tab, there are "Save" and "Cancel" buttons. At the bottom of the entire window, there is a "Close" button. The Polar logo is visible in the bottom left corner of the window.

Polar WebSync > Training Computer

CS500 402259

User Settings
Device Settings
Equipment
Training Data

Training settings Watch Logo

Time

Time format 24 h ☐ Use computer time

Date

Date 03.10.2011

Save Cancel

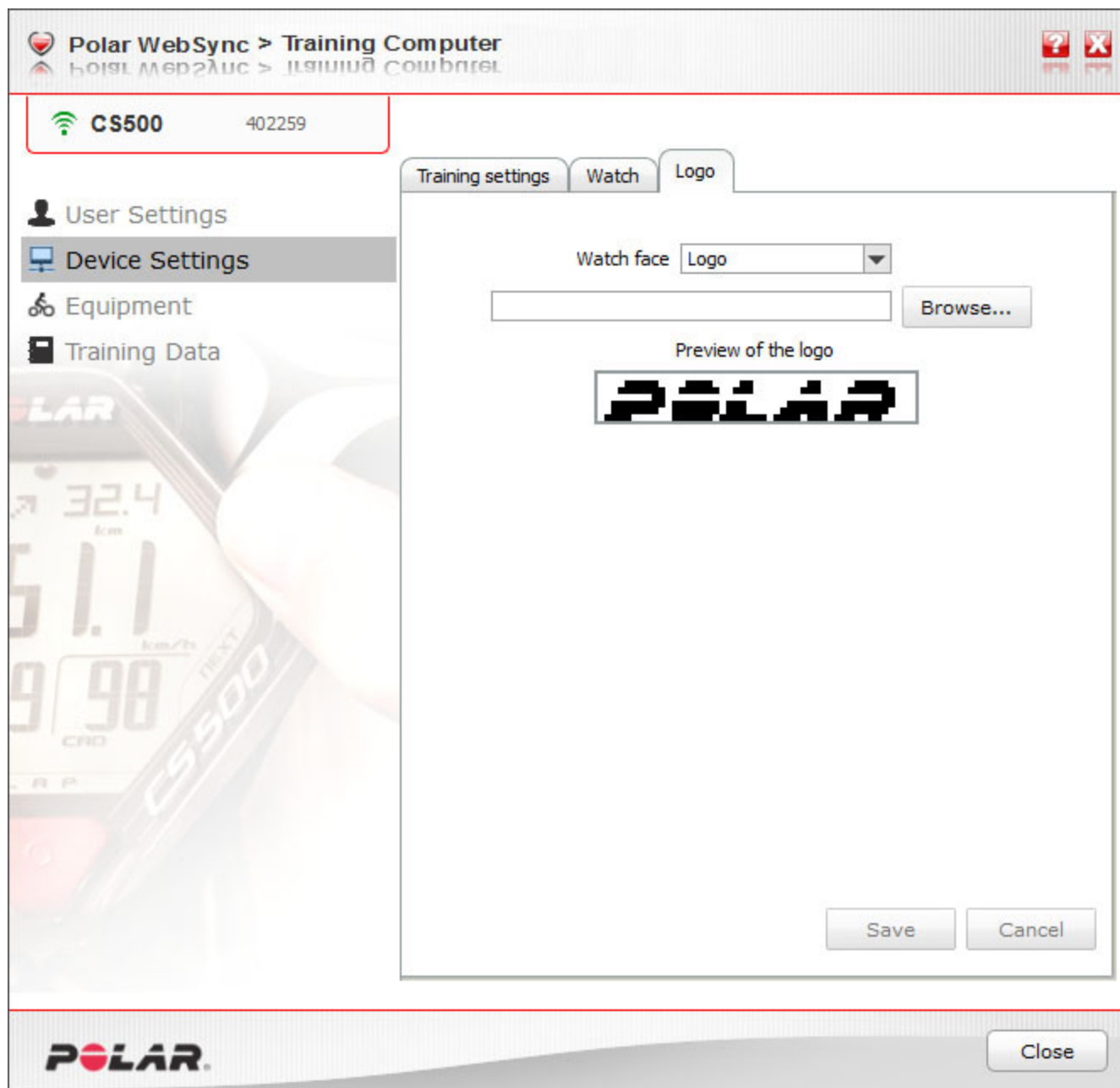
POLAR

Close

If you select **Use computer time**, your training computer's time is synched with your computer's time.

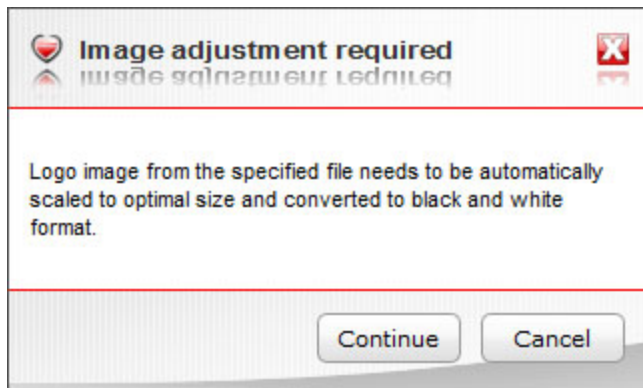
Set the **Date**.

Logo




Select **Watch face**: **Date** or **Logo**.

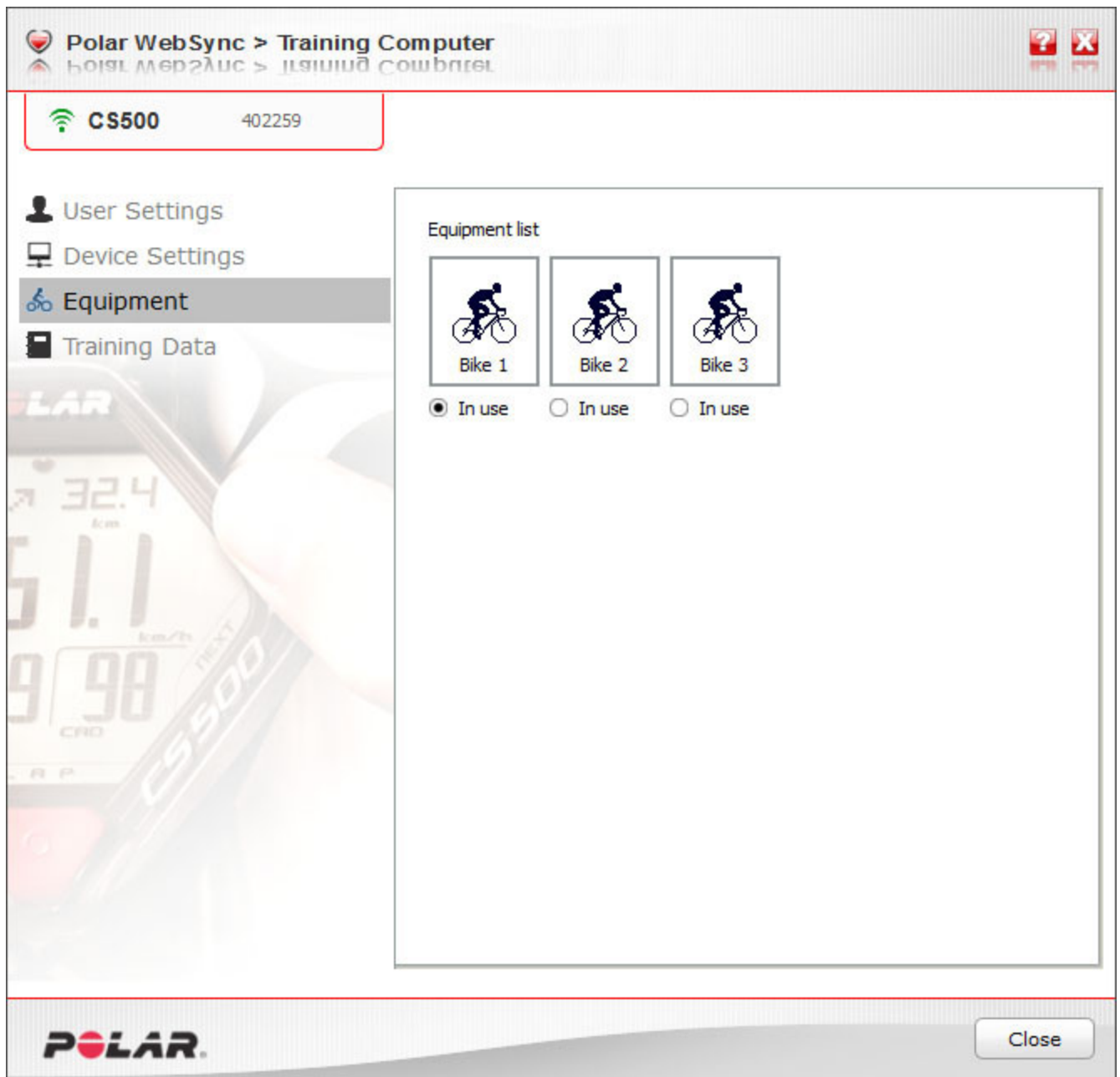
To select a logo, browse to the logo file on your computer. Supported image formats are .jpg, .png, .gif and .bmp. It is recommended to use a black-and-white image. The selected image is scaled automatically to a suitable size, which is 47x7 pixels. If the image is wrong size or format, message **Logo image from the specified file needs to be automatically scaled to optimal size and converted to black and white format** appears. Select **Continue**.



Click **Save** to transfer the settings to your training computer.

 If WebSync has lost connection to your training computer select **Connect** => **Start** from your training computer.

EQUIPMENT



The bikes from your CS500 are listed. Select the bike you want to use.

By clicking the bike icon, you can edit the bike's settings.

General

The screenshot shows the Polar WebSync Training Computer interface. At the top, it says "Polar WebSync > Training Computer". Below this, there's a header for "CS500" with the ID "402259". On the left, there's a sidebar with "User Settings", "Device Settings", "Equipment" (selected), and "Training Data". The main content area has two tabs: "General" and "Display". Under "General", it says "Equipment > Bike 1". The "Sensors" section is active, showing a list of sensors with checkboxes and input fields. The "Bike Speed Sensor" is checked, with "Wheel Size" set to "2000". The "Auto Start Training" checkbox is unchecked. The "Bike Cadence Sensor" and "Bike Power Sensor" are unchecked. The "Chain Weight" is set to "300", "Chain Length" is "1473", and "Span Length" is "420". At the bottom right of the settings panel are "Save" and "Cancel" buttons. The Polar logo is at the bottom left, and a "Close" button is at the bottom right of the window.

Polar WebSync > Training Computer

CS500 402259

User Settings
Device Settings
Equipment
Training Data

General Display

Equipment > Bike 1

Sensors

- ☒ Bike Speed Sensor
Wheel Size 2000
- ☐ Auto Start Training
- ☐ Bike Cadence Sensor
- ☐ Bike Power Sensor
Chain Weight 300
Chain Length 1473
Span Length 420

Save Cancel

POLAR

Close


Set the available sensors for the equipment on/off by ticking/unticking the box beside the sensor name. If a sensor has not been paired with your training computer, it is shown in grey and you cannot set it on or off. For more information on pairing sensors, see your training computer's [user manual](#).

If a speed sensor has been paired with your training computer, you can set the **Wheel Size** of your bike and set the **Auto Start Training** function on/off by ticking/unticking the box.


Wheel size settings are a prerequisite for correct cycling information.



The **Auto Start Training** function starts and stops the training recording automatically when you start and stop cycling. Auto Start Training function requires wheel size setting and a speed sensor.


If a power sensor has been paired with your training computer, you can set the **Chain weight**, **Chain length** and **Span length** of your bike.

 *Wheel size, chain length, and span length should be in millimeters and chain weight in grams.*

Display

 **Polar WebSync > Training Computer**

 **CS500** 402259

User Settings

Device Settings

Equipment

Training Data

General

Display

Equipment > Bike 1

Below you can see the training views that you can set in the training computer. The picture on the right shows the order of items on the training computer display.

1. HR Avg

2. Stopwatch

3. HR

4.

1. Temperature

2. Time of day

3. HR

4.

1. Zone pointer

2. Time in zone

3. HR

4.

1. Calories

2. Calories/hour

3. HR


4.

1. Altitude


2. Stopwatch

3. Temperature

4.



Add Display



1. -->

2. -->

3. & 4. -->

Save

Cancel


POLAR


Close

Customize your training computer display to see the information that you think is the most important during a training session. There are eight different training views which you can customize.


You can remove a training view by clicking the cross on the upper right corner of a training view. The first view cannot be removed. Add a training view by clicking the **Add Display** icon. The icon is not available if all eight training views are created.

Choose the items you want to see from the drop-down menu.

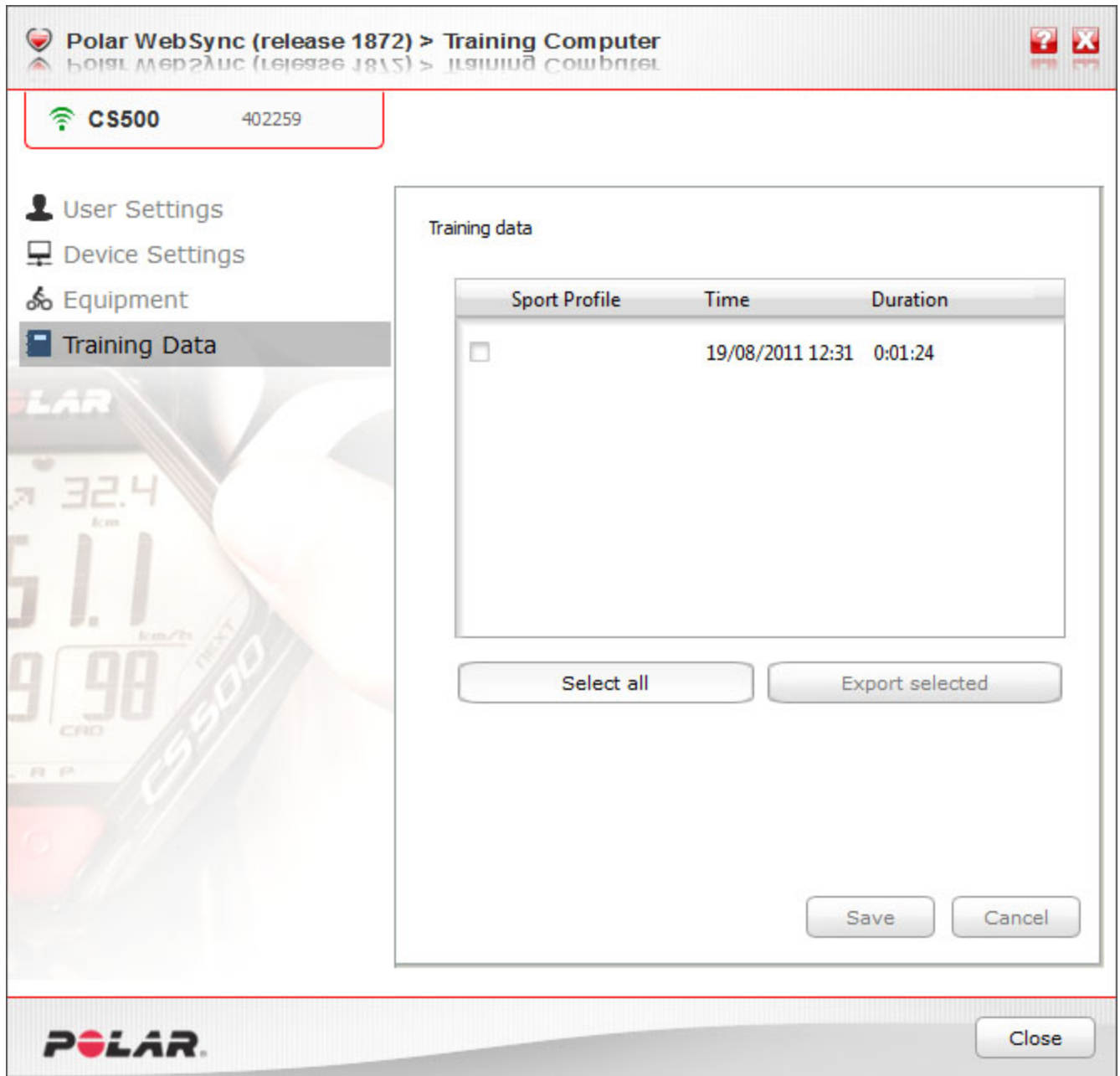
 *If you pair a new sensor with your training computer or set a sensor on/off using your training computer, the training views are reset.*

 *If you select **Zone pointer** as one of the items on a training view, the **Limits SET** on your training computer must be either **OwnZone** or **Manual**. If **Limits SET** is **Off**, the training view with **Zone pointer** item is not visible on your training computer display during training.*

Click **Save** to transfer the settings to your training computer.

 *If WebSync has lost connection to your training computer select **Connect** => **Start** from your training computer.*

TRAINING DATA



Export your training files by selecting training files and clicking **Export Selected**. Select a location for the files. The files can be transferred to Polar ProTrainer 5 software. Go to www.polar.fi/support for more information on importing the files in Polar ProTrainer 5.

TROUBLESHOOTING

WebSync does not show my training computer even if it has been activated.

=> Close WebSync by right-clicking the WebSync icon on the taskbar and selecting **Exit WebSync**. Go to Start > (Settings) > Control Panel > Administrative Tools > Services. Check that Polar Daemon is running and the status is Started. If the status is not started, click Polar Daemon and 'Start the service'. If Daemon is already running (Started), click 'Restart the service'.

Synchronization failed. Connection to the training computer lost.

=> Check that your training computer is activated. If you have selected **Remember me**, synchronization restarts automatically when WebSync finds your RCX3, RCX5 or CS500 training computer or when you place your activity/training computer onto FlowLink. If synchronization does not restart automatically, click **Synchronize again**.

Incorrect username or password.

=> Check that your username and password are correct. If you have forgotten your password, click **Have you forgotten your password? Click here** link.

No connection to the server; please check your network settings.

=> Click **Cancel** to close the window. Right-click the WebSync icon on the taskbar and select **Settings**. Check that **Network Settings** are correct.

=> Check if you can access to polarpersonaltrainer.com. If no, there may be problems in your Internet connection.

WebSync could not initialize properly. Check that Polar Daemon is running and start WebSync again.

=> Click **Cancel** to close the window. Close WebSync by right-clicking the WebSync icon on the taskbar and selecting **Exit WebSync**. Go to Start > (Settings) > Control Panel > Administrative Tools > Services. Check that Polar Daemon is running and the status is Started. If the status is not started, click Polar Daemon and 'Start the service'. If Daemon is already running (Started), click 'Restart the service'.

Synchronization failed. Restart WebSync and/or reconnect data transfer unit and try again.

=> Click **Cancel** to close the window. Close WebSync by right-clicking the WebSync icon on the taskbar and selecting **Exit WebSync**. Reconnect DataLink/FlowLink. Restart WebSync and start synchronization.

Problems reading the sent data. Try again. If the problem persists, contact helpdesk@polar.fi.

=> Click **Cancel** to close the window. Close WebSync by right-clicking the WebSync icon on the taskbar and selecting **Exit WebSync**. Go to Start > (Settings) > Control Panel > Administrative Tools > Services. Check that Polar Daemon is running and the status is Started. If the status is not started, click Polar Daemon and 'Start the service'. If Daemon is already running (Started), click 'Restart the service'. Reconnect DataLink/FlowLink. Restart WebSync and start synchronization. If the problem persists, contact helpdesk@polar.fi.

Automatic synchronization failed. To try again, start synchronization manually.

=> Click **Cancel** to close the window. Start manual synchronization by right-clicking the WebSync icon on the taskbar and selecting **Synchronize**.

If WebSync is not responding:

Close WebSync by right-clicking the WebSync icon on the taskbar and selecting **Exit WebSync**. Check from your computer Task Manager that WebSync process is not running. Restart WebSync. If this does not help, restart your computer. If WebSync is still not responding, remove Polar WebSync and Polar Daemon from your computer and reinstall WebSync.

Check also www.polar.fi/support for more information. In case you continue having problems or if you need any further assistance, contact Polar Helpdesk (helpdesk@polar.fi).

SYSTEM REQUIREMENTS

POLAR WEBSYNC AND POLAR DATALINK OR POLAR FLOWLINK

PC MS Windows (XP/Vista/7), 64/32 bit.

Intel-based Macintosh system running Mac OS X 10.5 (Leopard) or newer.

POLAR WEBSYNC AND USB CABLE

Microsoft Windows XP/Vista/7 or Mac OS X 10.5 (Intel) or newer

Internet connection

Free USB port for the USB cable

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